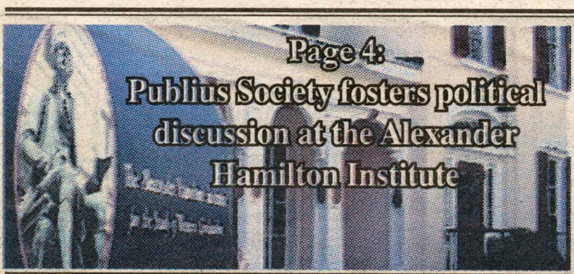

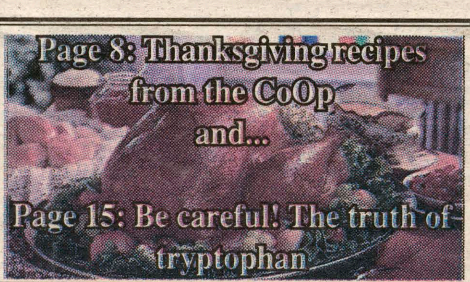

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THE SPECTATOR

"Rage at Sage"

Hockey Season Opener Tonight

by Jared Leslie '09
Sports Writer

After a less than stellar season last year, the Continentals have returned with a renewed will to win and a rejuvenated work ethic. The Men's Hockey Team has a strong base of returning players who are very experienced. Also, stiff competition took place at every stage of tryouts, leading many to believe that there will be an exceptionally talented team on the ice this season. The team captain this year is Kyle Roulston '09, whose leadership and skills will be necessary for the Continentals to come together and have a successful season.

Roulston said, "We're really excited to begin the season. The team chemistry is high and the systems are coming together. We are determined to do well this year. The drive and the will to win seems to be very apparent, and we are expecting big things from this group."

Kyle will be supported by Jon Peros '08 and Matt Mesi '08, who were voted assistant captains in recognition of their leadership on and off the ice.

See *Hockey*, page 19

PHOTO COURTESY GEORGE VON METZSCH '08

Justin Sherman '08 runs the ball up the field on his way to score a try in the first half.

Men's Rugby Qualifies for National Rugby Union Collegiate Division III Final Four in spring of 2008.

Exiles advanced by a score of 30-7 over William Paterson University.

See **Rugby**, page 20

Trail Will Allow Easy Passage to Root Glen

By Alicia Wright '10
News Writer

With an amazing Glen House equipped with an entire room of outdoor gear for rent, students have ample opportunity to utilize Hamilton's expansive Root Glen. However, when a student rents skis and faces the steep, windy slopes at the Glen entrance by the Glen House, his or her afternoon of skiing may seem less appealing. Director of Outdoor Leadership Andrew Jillings has a great solution to get students from the Glen House to the trails behind Root Residence Hall without having to scale the difficult slopes or trek with their skis across Martin's Way Bridge.

Jillings is blazing a trail behind the Glen House, which will be a gentle trail for cross-country skiers, easier for beginners and intermediates. The trail head will begin by the backyard of the Glen House and end behind Root Lot where the rest of the trails begin. It will be half of a mile long and useable for skiing, biking, jogging, and strolling.

Many volunteers have helped in the past week with the clearing of the trail and raking through the trees. Along the trail, three bridges will be built under the guidance of Associate Director of Physical Plant Bill Huggins. Last Sunday, volunteers completed the first bridge, and this Saturday, two more bridges will be built. About fifty yards remain to be cleared along the trail. If all goes as planned the entire process will be finished within the week.

The project is funded by the Outing Club and by donations from Physical Plant and the Dean of Students. Physical Plant donated some steel support beams from the K.J. construction to the project. These beams, once no longer needed for support, have no other purpose for the K.J. renovations and are usually just thrown away. The trail's construction provides a way to recycle some of the materials of the Kirkland campus construction. Jillings credits Huggins with finding the materials to complete the trail project. The beams have to be moved from the construction site, so strong arms are helpful for the transfer to the trail.

This Saturday will probably mark the completion of the trail clean up and the construction of the bridges. Jillings and Assistant Director of Outdoor Leadership Sarah Weis have said that the turn-out to help with the trail has been great, but this Saturday the project could use as much help as possible to finish by the end of the day.

Red Cross Drive Collects, Donates 47 Units of Blood

by Ezra A. Rosenberg '10
News Editor

The second American Red Cross blood drive of the year was held on Monday November 14 in the Tolles Pavilion. Hamilton's Inter Society Counsel (ISC) sponsored the event, which ran from 11:30 a.m. to 5:30 p.m.

Sara Bryant '08 spearheaded the blood drive and coordinated volunteers from a number of campus Greek organizations. She estimated that by 4:30 p.m. 50 to 60 people had come into the Pavilion to donate blood. "We had a bit of a slow start," said Bryant, "but it was a good turn out."

The American Red Cross blood-mobile staff set up a small waiting room, four interview stations, and four tables for blood donors. This year the Red Cross has also introduced the "double reds" donation option, and there were two machines set up to facilitate that option.

Linda Belton, Red Cross New York-Penn Region Accounts Manager, who was in charge of the blood drive, said, "Hamilton College is an excellent supporter of our program. The students are definitely community-minded." The Red Cross relies heavily on college students to maintain blood supply. Donations from colleges make up 25 percent of the nations blood supply, according to Belton.

The Red Cross collected 41 whole blood and six double reds for a total of 47 units of blood. It is important for students "to be concious about donating," Belton said, "because during school holidays the blood supply typically dips" since students make up such a large portion of blood donors.

There are many reasons to donate blood; the most crucial problem in the blood supply is the present AB blood plasma shortage. According to Bill Rudge, a volunteer and resident of the town of Clinton, "the shortage is because a lot of blood is being shipped overseas to the military." He added that students should give blood because "it's a way to support the troops."

Rudge is a frequent blood donor and community activist in the Kirkland area. He has donated over 21 gallons of blood and helped organize blood drives for 37 years. He explained that the blood donated during Monday's drive goes directly to a blood bank in Henrietta, New York. The blood is processed and comes back to approximately 130 hospitals and medical centers in the New York area as either whole blood, which is used for people in accidents, or as blood medicine products, which help treat diseases such as leukemia.

During the blood drive, a steady stream of students and faculty came through the mobile facility. Donors normally completed the blood donation portion in ten minutes and then relaxed at the snack table for a short recovery. Treats such as Oreos, Teddy Grahams, Cream Pies, and apple juice were available for the donors. One perk of the donation process was a free T-shirt designed specifically for the blood drive.

Donors were enthusiastic about the experience. Joanna Edwards '11 said zealously, "I've donated for two years, but never with the Red Cross. Today

See *Blood*, page 2

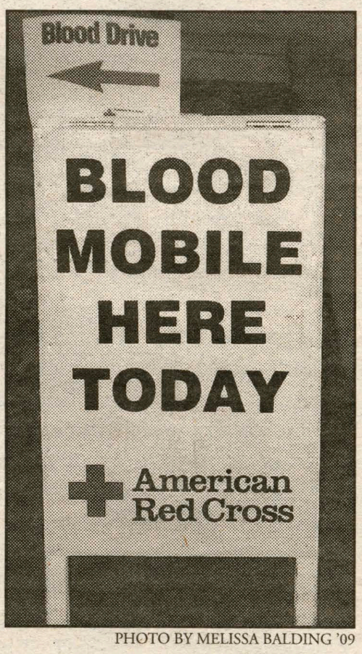

PHOTO BY MELISSA BALDING '09

The Red Cross blood drive brought the community together to give life.

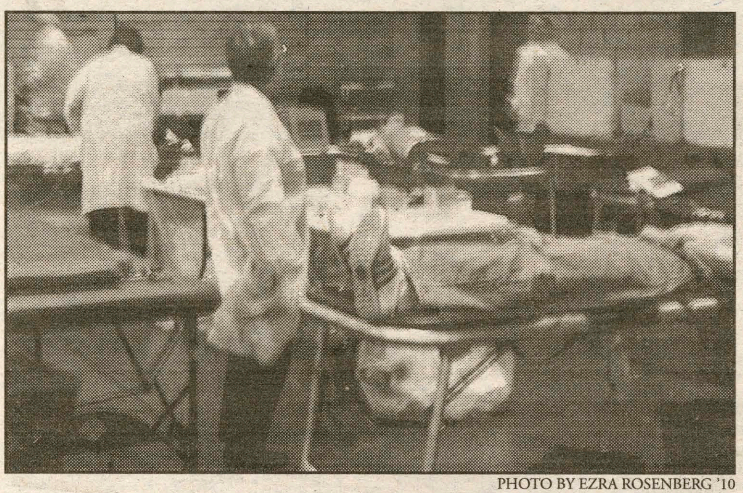

PHOTO BY EZRA ROSENBERG '10

Lab technicians tend to donors laying on medical tables.

ISC Blood Drive

From Blood, page 1

the best tech I have ever had." A tech is the nurse who facilitates and oversees the process of physically giving the blood. Edwards encouraged others to donate and said, "It was fast and it did not hurt a bit."

Edmund A. LeFevre Professor of English Jon O'Neill said, "I think more people should donate." Rudge, who has been a part of numerous blood drives at Hamilton was seriously concerned over the question of why more people do not donate blood. "Hamilton College 15 years ago used to have as many as 200 students donating" said Rudge.

Speculation as to why more students do not donate ranges everywhere from busy class schedules to losing eligibility after studying abroad. Only 37percent of the country's population is eligible to donate due to a variety of safety restrictions. Rudge was more inclined to encourage people to donate rather than speculate as to why they do not. "If you have never donated, there is a tremendous advantage in doing it" said Rudge. He added, "It is a free 'mini-physical' because you find out your blood type and how your health is."

Donors are eligible to donate again 54 days after their previous donation. Since that date falls over winter break, the next campus organized blood drive will be in April. For anyone who missed Monday's blood drive and would like to donate, there is a drive on Monday, November 19 in New Hartford at First United Methodist Church. For more information go to www.donatebloodnow.org.

International News Report: Elections, Protests, & Money

by Zeynep Harezi '10
News Writer

• General Pervez Musharraf, Pakistan's Army Chief and President, declared a state of emergency tantamount to martial law. Musharraf claims that the move was intended to curb extremist groups in Pakistan and protect the country from civil war. His opponents claim that he is afraid of the Supreme Court's upcoming ruling on whether Musharraf can constitutionally hold the position of Chief of Army Staff and the office of the President, as well as whether Musharraf could constitutionally grant amnesty to former Prime Minister Benazir Bhutto. These opponents believe Musharraf is scared that the Supreme Court will declare last month's Presidential elections in which he was re-elected to be invalid. In the State of Emergency, all the private television news channels were shut down and many politicians and activists were detained in custody.

After announcing the next election date to be February 9, Musharraf has since postponed the elections to February 15, 2008. Since the declaration of a state of emergency, Pakistan's almost daily suicide bombings have come to a halt.

• Gold prices almost reached an all-time high, rising to more than $800 an ounce. The continued depreciation of the dollar has played a significant role in this increase. Gold is not the only precious metal that is gaining value as platinum is at its record high and silver is at the highest price in 20 years. On the other hand, copper inventories, not prices, are increasing as a result of the decrease in demand. Copper is mainly used for manufacturing wiring. While increasing price of precious metals suggests increasing inflation, decreasing demand for base-metals suggests a decline in the manufacturing sector.

• Mexico experienced its worst natural disaster in the last 20 years with floods leaving approximately 800,000 people homeless and 16 dead.

• Protests are continuing in Georgia. President Mikheil Saakashvili blames Russian influences for the rebels' action in demanding fresh elections. Georgian police have started using water cannons and tear-gas to control the protesters. The opposing privately owned Protestant TV station has been shut down in response to heightened tensions.

• Several international heads of State visited the US this week. France's President Nicolas Sarkozy met with President George W. Bush and addressed Congress ,advocating a "strong dollar" policy. Germany's Chancellor Angela Merkel met with the President Bush at his Texas ranch to discuss issues of mutual concern, symbolizing Germany's strong relations with the US. Turkey's Prime Minister Recep Tayyip Erdogan demanded stronger US action from President Bush against the Kurdish Terror Group (PKK) operating in northern Iraq.

• This week, leaders of Middle Eastern countries neighboring Iraq met in Istanbul, Turkey. However, the meeting did not end with a consensus on how to bring peace to Iraq. The main focus of the meeting was to persuade Turkey not to invade Iraq. PKK has been attacking Turkish troops in Southeast Turkey and Nothern Iraq for some time. Turkish Prime Minister Erdogan announced that the Turkish troops will gain control over the area and stabilize the civil life.

Families, Friends, and Pets Take Over Campus

by Mallory Reed '10
News Editor

This past weekend, families, friends, and pets burst the Hamilton College bubble for an action-packed visit to the Hill. Friday to Sunday featured a full schedule of events for families to enjoy with their Hamilton College students.

Students in theatre, music, and dance provided entertainment for friends and families. The theatre production "Etta Jenks" opened on Thursday night and will run through this upcoming Saturday. The house was full for nearly all performances on Thursday, Friday, and Saturday evenings and the Saturday matinee that was free for students. On Friday night's performance, the Theatre Department sold 40 extra seats and had to open the balcony. After Saturday evening's performance, there was a reception for the family of the cast and crew.

According to Assistant Stage Manager Amy Tannenbaum '10, "It was great to be able to celebrate and share with our families the production that we've spent so many hours working on. All of the parents seemed impressed by the acting and technical aspects of the production and said that the play definitely gave them something to think about." Tannenbaum said, "Overall, I feel that this weekend was a great success, and being able to share that with our families made it even sweeter."

The Dance and Music performance in Wellin Hall on Friday night and Saturday featuring the Hamilton College Choir and College Hill Singers and dance students also drew an impressive crowd. Hamilton College dance students performed a piece entitled "Wind Over Wood," composed by Lecturer in Dance Richard Lloyd '73 and choreographed by Associate Professor of Dance Elaine Heekin. Lavender Trio accompanied the dance performance. Five Hamilton dance students joined guest artist and choreographer Olivier Wecxsteen, a former principal dancer with Boston Ballet and Les Grands Ballets Canadiens, in a piece Wecxsteen set from the ballet Raymonda. The Hamilton College Orchestra and Jazz Ensemble played in Wellin for families and friends on Saturday night.

The Hamilton College a cappella groups performed on Friday and Saturday at 10 p.m. in the Chapel. Tumbling After, Special K, the Hamiltones, and the Buffers entertained families and friends with a variety of songs. Saturday night's performance featured a special appearance from the Hamilton College Varsity Streaking Team as a part of the Buffers' traditional "If I Were Not a Buffer."

The Varsity Streaking Team made another exciting appearance when they streaked the field at halftime of the rugby team's title-clinching win over William Paterson University. With support from the Streaking Team, friends, and students, the Hamilton College Rugby team secured their position as New York State Champions and will go on to the national final four in the spring. There was a big turnout of Hamilton fans even though the game was rescheduled from Saturday to Sunday because William Paterson got lost getting to campus.

Other Family Weekend events included an "Election Preview" in which students from Professor of Government Theodore Eismeier's American Political Process class gave presentations on major candidates for the 2008 presidential election. In the Summer Research Poster Session on Friday afternoon, students presented their summer science research to friends, families and professors. Also on display were posters by the recipients of the 2007 Levitt Fellowship grants.

PHOTO COURTESY CLAIRE BROWN '11

Parents enjoy a wine tasting during Family Weekend.

Over 100 friends and family members came to a student reading of their prize-winning work in creative writing sponsored by the English department. Café Opus 2 provided treats as students read aloud selections of their short prose and poetry in the Science Center Atrium.

On Saturday evening, Members of the Hamilton Ballroom Dancing Club performed at the Academy of Performing and Creative Arts in downtown Clinton. Friends and family participated in a dance session. Proceeds from the event are going to the Ballroom Dancing Club's trip to national collegiate championships in Ohio.

Also on Saturday night, HAVOC hosted a 5 vs. 5 Basketball Tournament with proceeds going to sports programs at the Utica Public Schools. In friendly competition, the Hamilton College staff beat the students with a score of 61-45.

Some students and families broke off from the full schedule of events to go out to dinner and go shopping. Hillary Keating '10 said, "Seeing my parents was really nice. They went to my concert, and we went out to dinner at Simeon's and IHOP. I even got to frolick around Bundy with my dog."

Debate Team Earns Five Awards at Cornell

by Bessie Taliaferro '10
News Writer

On November 2 and 3, the Hamilton College Debate Team won five awards in a competition at Cornell University. Individual winners included Luke Maher '11 for second Best Novice Speaker, Andrew Harris '11 for 6th Best Novice Speaker, and Chris Smith '11 as the 8th Best Novice Speaker. Team awards went out to Phil Fraccola '08 and Harris as the second Best Novice Team, and Alex Duncan '10 and Smith as the 5th Best Novice Team. According to President Jessica Yau '08 "the novices were awesome."

The trip was completely funded by the College. The Cornell competition featured two-on-two debates, in which participants gave extemporaneous 7-8 minute speeches. One team was the "government" side, which chose the debate topic, and the other team was the opposition. Topics ranged from the morality of beauty pageants, reverse double jeopardy, online voting, Batman's morality, organ donor opt-out policy, and amoung other topics. Because of the extemporaneous style and the variety of subjects, "you better know a lot," said Za Murtaza Jafri '08.

The first speaker on the government side gave a seven-minute speech about why their topic is a suitable and relevant one. The leader of the opposition then gave an eight-minute refuting speech. There were five rounds with six speeches. After the five rounds, each pair is seated and the top 16 teams debate each other. About 20 schools attended the conference and each school had a varying number of teams.

The team meets twice a week for two hours. Despite stereotypes, it is "not at all dorky," said Adeline Crites-Moore '10. "I debated in high school and wanted to do it again. Our team is way better than my high school. Also, most people tell us we're the most attractive team at debates," she added. Adeline was recently appointed the team's PR representative.

Cornell was the first debate for many team members, such as Duncan and Smith. Both participated in debate and mock trial in high school.

The team includes students from all class years who are very enthusiastic about the team and debating in general. "Debate takes a lot of skill, it takes a lot of nerves. I played rugby and different sports at Hamilton, but this really gets your blood pumping. You have to get your argument and rebuttals down," said Jafri. He added, "It makes your mind go at the speed of light. I just love it."

PHOTO COURTESY ADELINE CRITES-MOORE '10

(From left to right) Chris Smith '11, Alex Duncan '10, Luke Maher '11, Phil Fraccola '08, and Andrew Harris '11 all won awards at the Cornell University debate competition.

Yau, who plans to go to law school, has seen the team grow from five people during her sophomore year to 24 people in her senior year. "Most people don't think arguing is fun, but I do," she said. Yau also enjoys debate because "you learn a lot from the other side, and it keeps you in touch with current events, which is good because we're kind of isolated on the Hill."

Others have joined the team to become more confident and articulate. "I'm really bad at articulating, and I wanted to express ideas in better time," said Fraccola. "I used to say 'um' a lot, and I'm still a very quiet person. It took me a long time to take a position and it forces me to pick a side. I used to only talk for about two minutes and now I can go for the eight minutes."

The team is very optimistic about the rest of the season. "We should have similar results to Cornell at the rest," said Fraccola. Team members are excited to attend a conference in Chicago next semester.

EMT Appreciation Week Honors Student Volunteers

by Kara Labs '09
News Writer

Last week Hamilton student Emergency Medical Technicians were honored as a part of EMT Appreciation week. This is a nationally recognized week to recognize and thank college EMTs across the county. The National Collegiate Medical Service Foundation (NCEMSF) designates this week for colleges, even though the nationally recognized day to celebrate Emergency Medical Services is in May. This is because many colleges are not in session in May, so the NCEMSF decided to choose a week during the academic year.

Student EMTs volunteer time to ensure the safety of Hamilton students when classes are in session. Most of the EMTs have two shifts per week and the weekend shifts rotate. The shifts during the week are 10 p.m. to noon and noon to 10 p.m. Weekends are 7 p.m. to noon and noon to 7 p.m.

New York State EMT certification is good for three years and since most of the EMTs take the course spring semester of their freshman year, the certification does not expire until after they graduate. "In order to recertify, the EMT has to take a refresher course and exam or they can recertify by continuing education. We have weekly quizzes and skills trainings every three weeks," said Hamilton College

PHOTO COURTESY MEGAN HERMAN '08

The Hamilton College Emergency Medical Service (HCEMS) consists of 21 members.

Emergency Medical Service (HCEMS) Coordinator Diann Lynch. These count toward continuing their education. She added, "In addition, some of the EMTs go to EMS conferences or EMS education days in the area." Some of the EMTs choose to recertify through the continuing education while at Hamilton; this year three will do so.

The application process to become an EMT is very selective because HCEMS looks for students who are dedicated and committed to their duties. Information meetings are held during the fall for first-year and sophomore students. As Lynch revealed, "applicants have to submit a written application and two recommendations. In addition, the interview process involves a one on one interview with me, a one on one interview with an EMT, and two group interviews."

Once a student is accepted as an EMT, he or she goes through an intense training process in the spring and begins service the next fall. During EMT appreciation week, group interviews with the class of 2010 and 2011 applicants were conducted. HCEMS is currently in the process of selecting students to put in the spring training class.

The EMT program at Hamilton dates back to the 1980s, when Hamilton had a 'rescue squad.' There was no set level of certification, but the students still volunteered their time to help out with medical emergencies. It wasn't until 1993 that HCEMS became a NYS EMS certified agency. Now the agency has grown considerably, and the only real difference between HCEMS and a real agency is that we do not have our own ambulance. EMTs call in an emergency for transport after they have assessed and treated the patient.

Lynch commented on the number of calls Hamilton has received so far this year: "the EMTs have had 108 calls. Contrary to what most people think, the majority of their calls are not for alcohol. They see a variety of illnesses and injuries."

The EMT roster at Hamilton College consists of 21 members who dedicate their precious time and energy to helping the Hamilton community. The members are as follows: Megan Brousseau '08, Ruth Duggan '08, Max Falkoff '08, Ellen Griffin '08, Ryan Messier '08, Denroy Thomas '08, Nicholas Berry '09, Ashley Bourgeois '09, Megan Herman '09, Shane Knapp '09, Jared Leslie '09, Ben Saccomano '09, Amanda Schoen '09, Alexa Schwarzman '09, Emma Trucks '09, Sujitha Amalanayagam '10, Christina Clark '10, Erin Evans '10, John Lofrese '10, Ryan Seewald '10, and Kendra Wulczyn '10.

There is an honorary dinner in the spring to recognize those who are graduating as well as honor the Rookie of the Year. There is also a special award each year that goes to a senior who meets specific criteria to become EMT of the Year.

"They volunteer so much of their time, and often it is during the middle of the night that they get calls. It can sometimes seem like a thankless job, but they are all very dedicated to being an EMT and do a fantastic job," Lynch said of her EMTs. Make sure to take the time to thank the EMTs when you see them on campus, as the EMTs devote so much of their time to ensuring the safety of the Hamilton Community.

Publius Society: Political Discussion at the AHI

by Steve Sallan '08
Insights & Ideas Contributor

The Hamilton College Publius Society is the latest student organization on campus; it's an open society dedicated to the civil and free discussion of today's political issues and their basis in our founding documents. Originally the brainchild of Professor Ted Eismeier of the government department, the society has quickly swelled to over 35 official members.

The Publius Society runs monthly events at the Alexander Hamilton Institute in downtown Clinton. The formal events are run by Society members and are open to the public free of charge. Formal events are designed to allow people of all political beliefs to discuss topical issues with students, faculty and staff.

While the Publius Society is planning on bringing in guest speakers and constitutional scholars, it does not believe that relying on any single perspective is enough. Guest speakers are brought in merely to provide expert background information to guide group discussions involving as many participants as possible.

So far this year, the Society has hosted one formal event at the Alexander Hamilton Institute. The focus of the discussion was the emergence of the "unitary executive" – the consolidation of power and unilateral actions within the American executive branch. Nearly 50 students, faculty and staff came to the inaugural event- far exceeding the Society's predictions, but nonetheless producing high quality group discussions.

PHOTO BY MELISSA BALDING '09

The Publius Society meets at the Alexander Hamilton Institute. Looking for more info? Check out the society's Facebook group.

The Publius Society's next event is scheduled for Sunday, November 18 at 8 p.m., again hosted by the Alexander Hamilton Institute. Guest Professor Marc Elias, one of the top election lawyers in the country, is scheduled to provide an overview of campaign finance laws and reform attempts before a general discussion of the righteousness of restricting campaign spending in the context of freedom of speech. While semi-formal attire is appreciated, it is not a prerequisite for participation.

All Publius Society formal events are focused on promoting civil discussion and debate. To support this effort, discussions are moderated by students, and refreshments are served afterwards to allow for more informal mingling and casual continuation of ideas from the formal discussions. The Publius Society offers a unique experience from other campus political groups. As senior Ben Noble stated, "I really enjoyed the first meeting of the Publius Society on unitary executive in the context of America's founding documents. It is truly rewarding and rare to get off the Hill and have an intensive and scholarly conversation. I applaud the Publius Society and the Alexander Hamilton Institute and hope for their continued success."

For more information on the Hamilton College Publius Society, contact Society President Stephen Sallan at ssallan@hamilton.edu or visit the club's Facebook page.

Political Calendar

The Publius Society isn't the only group hosting political events. Check out these upcoming lectures and discussions:

Friday Nov. 16th
"The Politics of Culture"
4:10 p.m., Bristol Center

Sunday Nov. 18th
Discussion of Campaign finance laws
8 p.m., Alexander Hamilton Institute

Monday Nov. 19th
"American Film Censorship, 1934-1945"
4:00 p.m. SCCT 3021

Thumbs up

- Joan Hinde foots the bill for the NCAAs while coordinating her socks and scarf combo. Smooth Joan, real smooth.

- Can anyone say Regional Champs? Dear Men's Rugby, how does it feel to be so bad ass?

- Catching penalty kicks and missing teeth: Tufts, thanks for playing. I guess NESCAC isn't better after all.

- Half-assing all my work this week: Next week I will be in a well deserved food coma so I won't care.

- Parents are gone: Now if I could only remember where I hid my weed...

- If you order NYPD Pizza all of your wildest dreams will come true. As long as your wildest dreams consist of tasty pizza delivered promptly by friendly staff.

Thumbs down

- Looking severely handicapped while trying to pry apart two Commons cups with one hand.

- Getting dark at 4 p.m.: As if I didn't lack the motivation to stay sober before 5 p.m. already.

- Administration cracking down on the streaking team. The streaking team is the only thing that separates Hamilton from every other small, liberal arts college in the northeast. I might as well start throwing date rape and coke parties and saying I go to Colgate!

- Football destroying Eells basement. Don't take your inability to win games out on my basement.

- Concrete walls being surprisingly thin. Yes, I can hear all of your nasty loud sex, but thanks for asking.

by Stephen Allinger '09 & Sarah Cornblath '08

Pilgrim Treats

- Depressed over the lunch selection at McEwen? Try this Thanksgiving treat my fat little pilgrims: Take a bowl of rice and pour cream from the coffee booth over it. Get the rice good and soaked and then add two packets of sugar and a lot of cinnamon. Then go to the salad bar and add raisins. Finally, mix the ingredients and put it in the microwave for 1:46. Guess what you just made? That's right, warm rice pudding mother f***ers. You're welcome.

NOTICE: Think you're funny? Well, we'll be the judge of that. Steve's allegedly going abroad next semester so we need someone to replace him. Must contribute funny jokes every week and deal with Sarah's faux-ghetto attitude. Email specii@hamilton.edu if you're interested.

THE SPECTATOR

THE SPECTATOR

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No Time to Ignore Global Warming

by Gates Helms '11
Insights & Ideas Contributor

On September 11, 1989, I was born in New York City. Twelve years later on that very day, a devastating terrorist attack took place on the World Trade Center. Since then, our government instituted many measures to ensure that such an attack never happens again. Despite the increased national security, a far greater force than terrorism, capable of destroying entire city boroughs, lurks quietly in the coldest regions of this earth. So elusive is this force that until late, scientists debated its very existence. Global warming, more specifically the melting of Greenland and polar ice caps, threatens to flood my birthplace, New York City, within the next fifty years.

The common assumption that "if it seems too good to be true then it probably is" translates to negative situations as well. People think that if it seems too bad to be true, like the melting of the polar ice caps and the flooding of major coastal cities, then it probably is. Such thinking calms typical world citizens, who take the bizarre nature of the concept of increased sea level as an excuse to ignore the issue. In this mindset, the citizens neither feel the need to act nor to find evidence that refutes the issue. They can simply deny the trend as environmentalist propaganda. This convenient doubt can blur the imminent danger of a twenty foot rise in sea level if just half of Greenland melts and the polar ice caps melt. Some scientists predict that, at the current rate, the arctic could melt by 2050. Unfortunately for our generation, these typical world citizens control Congress and the support of the President.

Although our government has failed to limit global warming though legislation, average citizens *can* affect change. Nobel peace prize winner Al Gore may have failed in campaigning for president in 2000, but he continues to run a convincing campaign for leader of the movement against global warming. According to sources mentioned in *An Inconvenient Truth*, "the flow of ice from glaciers in Greenland has more than doubled over the past decade," (climatecrisis.net) during which time our President refused to sign the Kyoto protocol. That Congress has taken undue time to enact laws should demonstrate the burden of responsibility that we must undertake in order to combat the daunting force of global warming. Like public action committees, saving our planet requires a joint effort. The free-rider problem, an obstacle to PACs in which a person who refuses to contribute to a group benefits from that group's actions nonetheless, extends to global warming as well. The hard work of a few can be made ineffective by the laziness of many. Does this mean if more citizens were to care about glacial melting, less of it would occur? Well, not exactly.

Voter sentiment influences political campaigns tremendously, but that influence must be apparent. Once campaigning politicians recognize the sway that a green platform has on voters, they tend to "go green." If enough excitement builds, we may very well see what Al Gore refers to as "a sea change in Congress." Already, presidential candidates of both parties feel the need to include the environment in their platforms. The United States acts as a superpower in this world, but we Americans are surprisingly weak on combating global warming. The simple act of e-mailing a representative in Congress about an issue holds more influence than one would think. Most major political movements start at the local level, so tell your friends about how they can change so that our generation quells rather than compounds problems such as glacial melting.

Throughout my lifetime I have visited the city for both business and pleasure. The mere thought of these visits ending due to legislative inaction both angers and upsets me. We, as a student body, possess both the resources and the organization to change. With inspiration for environmental consciousness building, all Hamilton students need to do is apply a fraction of the initiative that goes into partying to recycling, renewable energy, and other conservationist efforts. As is the case with most issues popular with voters, lawmakers *will* catch on.

Want to do your part for the environment?

Learn about recycling on the Hill at hamilton.edu/college/recycling/

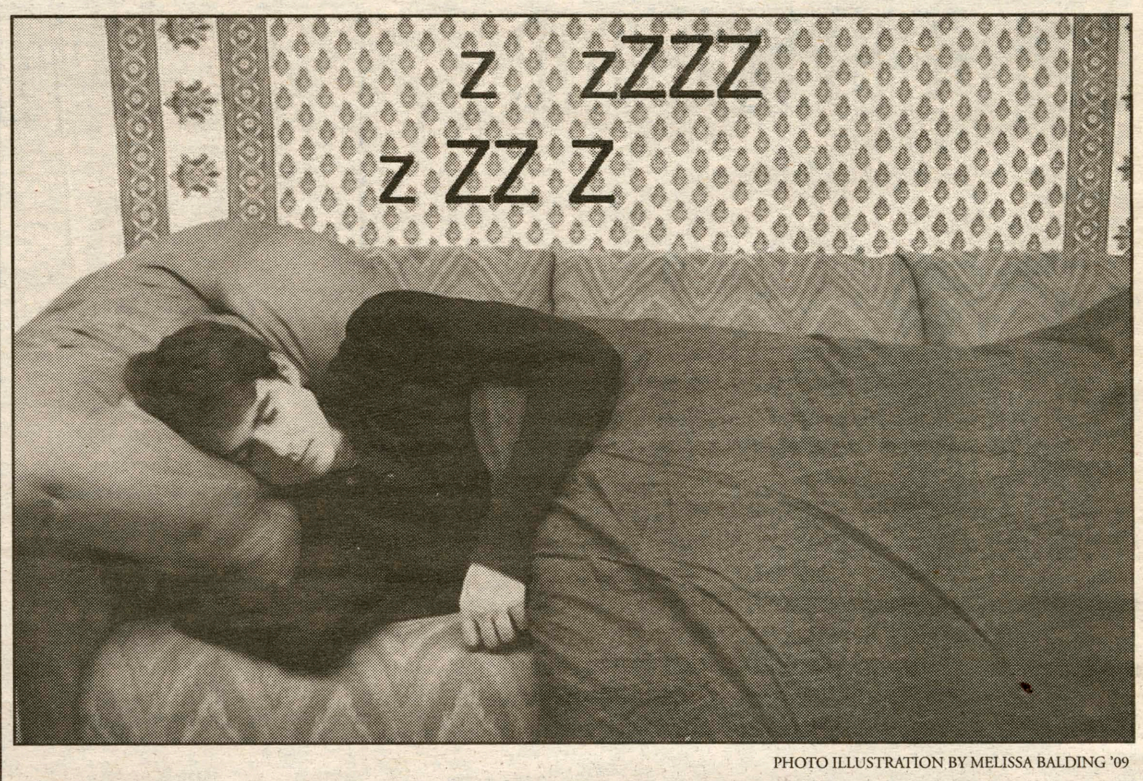


PHOTO ILLUSTRATION BY MELISSA BALDING '09

A Typical Week in the Life

by Halley Allaire '08
Insights & Ideas Columnist

9:01 pm. Monday. This is probably the perfect time to begin work. Early enough that I'll get it all done by a reasonable hour and still get to bed before its too late. I only have about sixty pages of reading, a problem set, and a paper to start thinking about. But the paper is for a 200-level English class, and not due until Friday at noon. That can wait another day or two. It's only Monday. Besides, *Heroes* is on.

The reality of Monday nights is that the week sits before you with all that needs to be accomplished. After the initial shock of returning to classes, don't we all deserve a night to cool off and slowly get back into the swing of things? By the end of the night I will probably have read sixteen pages, skimmed the other forty, read the problem set, decided the odds of getting my T.A. to do the work is better than my actually doing it, and put the English paper as far from my mind as the last time the Yankees won a World Series (2000). It's just too painful.

4:15 p.m. Tuesday Boozeday. It's been a rough couple days! On Monday I think I spent about three solid hours in the library. I got that reading done, anyway. Today I got up really early. Mondays I like to sleep in, but Tuesdays I respect as the real beginning of the week. I have lunch by 1:30 p.m., and don't fall asleep in my 2:15 class. I just respect the professor too much. Besides, by 6:30 I need to be fresh for "activities."

In total, the breakdown for Monday was probably something like an hour and a half spent checking e-mail and stalking Facebook, twenty minutes scanning that reading, fifteen minutes generally spacing, fifteen minutes mentally stressing about the rest of my week, and forty minutes total thinking to myself or chatting with various people about how much work our teachers have assigned. As if I had time to get to any of this.

Tuesdays start at 11:30, which is my earliest day of the week. The sleep pattern of the average college student is more like hibernation as the winter sets in than it is like regular sleep. Breakfast doesn't even exist anymore. The only time I see eggs is weekend brunch. Meals in college seem to reflect the general pattern of lunch, dinner, snack, and, some nights, late snack. Monster slices may not fit the ideal diet, but the perpetual upstate winter lets me wear sweaters as much as I want, so who needs to know.

> **"Sometimes I feel like I'm sleeping my college career away."**

10:50 a.m. Wednesday. I was up until 2:30 a.m. taking the South Park Aspen challenge. I haven't yet met a person who can drink every time someone says Aspen, pizza, french fries or Darsh, and chug during the montage. Therefore, I must be the first. It stands before me like the challenge of Everest, and I'm not going hiking anytime soon. I don't know why I'm up so early, but I think it has something to do with my intense need to urinate.

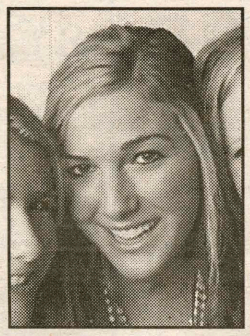
Wednesday is a waste of a day. By 5:45, most have worked up the will to do work but the appetite to defer a while longer. By 6:15 the student will have realized their problem set was due two hours ago and their group is meeting for next week's project in twenty minutes. Time for another round at the cereal bar, because you're not going to accomplish anything in twenty minutes anyway. Whatever, you tried. Well...at least you remembered to think about trying. That is important too.

3:00 p.m. Thursday. Crap, I need to start that English paper. Thank God no one I know ever goes to office hours, or I might have to worry about a well thought, coherent argument. I spent most of this morning skipping classes to play video games with my roommate. After all, this is a precious four years. I can't waste it learning things which don't matter as much as bonding time with my friends will years from now. Its OK – I go to the classes for my major.

Reality hits around 4:12 in the afternoon. If I'm going to see the party in Babbitt tonight, I have to get the English paper started *now*. Also I haven't been to an extra credit lecture all semester and there is one in three minutes. Fingers crossed no one else gets too involved, and I'll be out by 5:30 at the latest.

8:45 p.m. Friday. I have survived another week! The English paper was finally done around 3 a.m. Thursday. I managed to skim, "read" (well, at least highlight), or ignore all my readings for the week. I take notes on what people say in class, which is usually about as good as paying attention myself. Time to get to the weekend!

Sometimes I wonder if there isn't a better way to attack the week. At the beginning of every semester I have higher ideals about what I'm going to do. Something like "drink less, read more." Am I putting enough emphasis on my academics? A "B" is a more than acceptable passing grade, but would my friendships really suffer from a few more hours spent in the library? Sometimes I feel like I'm sleeping my college career away, and waking up only for the nightlife. What am I saying? The nightlife is what I bothered coming to Hamilton for in the first place.



"Hey number 7, what's your number?"

Danica Wuelfing '10

"Get off your knees ref... "

Cassie Sullivan '09

"Amherst was my safety school!... Eh, I'm not fooling anyone."

Jenny Pistrang '10

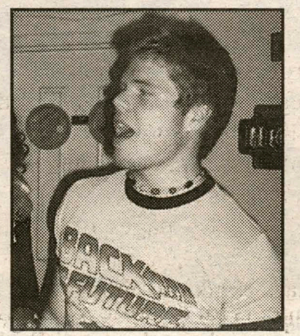
Hamilton Unscripted

When you're at home sporting events, what do you shout at the opposing team?

by Jacob Murray '09, Pat Hodgens '09, Kevin O'Connor '09 and Melissa Balding '09

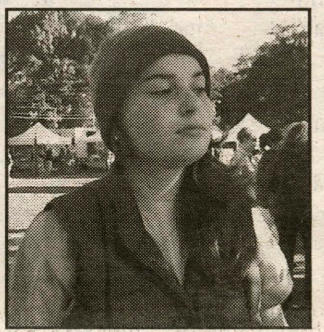
"Number 12's a virgin!"

Anne Dickerson '09



"You've got a face for radio, keeper."

Ethan Woods '09



"Boo."

Allie Mandel '09

Overheard at Hamilton

"I could sleep through the second coming of Jesus."
- Senior on back porch of Minor, 3 a.m.

"We don't want to get too caught up in what's believable or plausible."
- Professor during class discussion

"Sorry my little brother felt you up."
- Junior after Family Weekend

"That's our little slut!"
- Student's mom talking to the student's friends

Compiled by Spectator staff. Have a good quote? Email it to specii@hamilton.edu.

Recycling 101

Introduction to Recycling at Hamilton

Curious about what's recyclable and what's not? Here's a helpful list, courtesy of "Recycling at Hamilton." For the full list, go tohamilton.edu/college/recycling/recyclables.html

PAPER GROUP
- Newspapers and Magazines
- Computer and Notebook Paper
- Commons Cups
- All Cardboard
  * Pizza, Cereal, and Snack Boxes
  * Soda and Beer Cartons
  * Package Boxes

FIVE CENT DEPOSIT GROUP
- Soda and Beer Cans and Bottles (Look for NY 5¢ on can lids and bottle labels)

CONTAINER GROUP
- Plastic Numbers 1-6
  * (Look on bottom of most containers for symbol)
- Water, Juice, and Gatorade Bottles
- Opus Cups
  * No lids!
- Solo Cups and Other Plastic Cups
- Detergent Bottles
- Styrofoam
- Yogurt, Peanut Butter, and Other Containers
- Glass Bottles and Jars
- Liquor, Wine, and Snapple Bottles
- Milk and Juice Cartons
- Juice Boxes (No Straws!)
- Metals
  * Food and Aerosol Cans
  * Aluminum Foil
  * Foil Pans

Director brings documentary on Israeli/Palestine conflict to Hamilton

by Jenna Fain '09
Features Writer

This past Thursday evening, the Hamilton community had a special opportunity to attend the screening of the compelling documentary *Unsettled*, followed by a discussion with the director, Adam Hootnick. The film features an edgy soundtrack by Matisyahu, plenty of comedic amusement, and heart-wrenching considerations of humanity's condition. Hootnick accomplishes a great feat: he presents the conflict as an intellectually intricate issue free from preaching and prejudices.

In the summer of 2005, the Israeli government decided to end its almost 40-year occupation of the turbulent Gaza Strip and return the territory to Palestinian control. For the 8,500 Israelis that lived on the settlements, this meant an evacuation by their fellow people from their beloved homes. Military fatalities caused the Israeli democracy to deploy troops to evacuate the settlers on domestic soil. The film follows Israelis from our generation: three soldiers who must evict their fellow people, three civilians forced to flee their homes, and an activist who tries to evade war.

The Arab/Israeli conflict is a centuries-old battle. There is no clear answer how to resolve the warring and restore peace. Instead of setting out to promote his personal political agenda on the complex state, Hootnick portrays both sides of those affected in ways that our generation can identify with, and includes no Palestinian sentiments. This is truly a film about the heart of Israel and its people's humanity. No character is parallel to another. Two characters, Tamar and Yuval, come to terms with their duties as soldiers and realize that they must put their personal convictions aside in order to best salvage Israeli lives. Filmmaker Neta knows the power that education has and seeks to capture the truths of the evacuation. Laid-back surfer Lior and his religious pal Meir will mourn their beloved beach after the evacuation and choose to protest in dissimilar ways. Meir grapples with whether Israel should change its borders; he feels strongly that in the Torah, God advises the Hebrews to remain there no matter the circumstances. Activist Ye'ela, who lost her sister to a Palestinian suicide bomber, fights for each side knowing firsthand how destructive a single loss can be.

WWW.SLAMDANCE.COM
A scene from Adam Hootnick's *Unsettled*.

The film's most touching scene occurs when the soldiers and the evicted families find themselves identifying as Israelis and derive sympathy for each other. A family in Netzarim refuses to leave their home on the day of evacuation. At the family's kitchen table over some wine, the head soldier admits, "We have trouble putting our head on the pillow at night, too, but this will make Israel safer." The soldiers escort the family out, arm in arm, unified and ready to keep Israel out of the Gaza violence. The opposing factions are merely people: they familiarize with one another and are able to put aside their personal stances on the political and religious turmoil in order to keep their country secure.

Unsettled is truly astounding in its cinematic execution and presentation of the collision of religion and politics. So exceptional and thought-provoking is the fact that the Israel Defense Forces (IDF) went into Gaza in a way completely foreign to the American manner of deployment: without weapons. In a zone that is constantly at war, the IDF remained determined never to harm its own people, which is a refreshing departure from the surrounding nations' constant suicide bombings that disturb Israel's fight for peace.

What are you doing this Thanksgiving?

Eating turkey?

Sleeping?

You could be writing for the Features Section of the Spec...

email rmintzer or adragan

for more info...

What's Cookin' in the CoOp: Thanksgiving Treats!

By Amelia Conlon '08
Features Contributor

In the spirit of the old Keehn CoOp, the Woollcott CoOp is celebrating Thanksgiving this Sunday by inviting 40 guests to dinner. We will be serving the traditional Thanksgiving fare such as turkey, stuffing, stuffed pumpkin, mashed potatoes, glazed carrots, and of course pumpkin and apple pie. Dinner will be prepared by members of this years CoOp using local and organic ingredients.

Chocolate Pumpkin Pie
(modified from Taste for life)

2 whole wheat pie crusts
3 eggs
2 cups cooked pureed pumpkin
1 cup sugar
½ cup maple syrup
¼ teaspoon salt
nutmeg, cloves, ginger and cinnamon to taste
½ cup chocolate soy milk
1½ cups unsweetened cocoa powder

On lightly floured surface roll-out pie crusts to fit 2 pie pans. Line pans with wax paper and dried beans or pie weights. Bake for 12-15 minutes at 375°. Remove beans or pie weights and bake for 5 minutes.

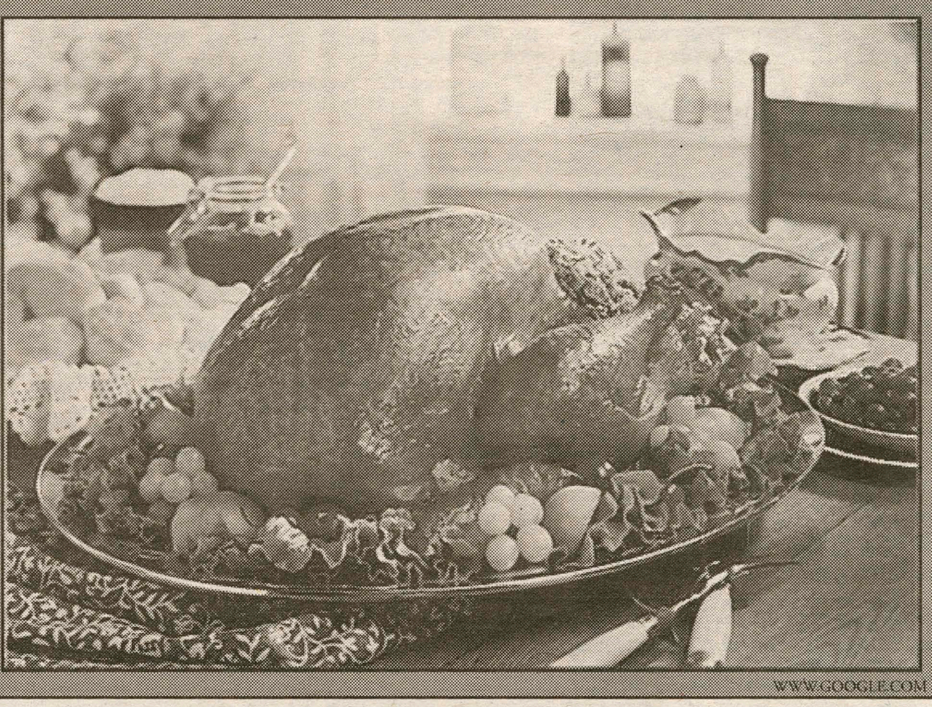
Put all ingredients in bowl and beat at high speed for 5 minutes. Pour mixture into pie pans and bake for 45 minutes at 350°.

Stuffed Pumpkin
(Amelia Conlon)

medium pumpkin, cleaned inside and out
½ cup carrots
½ cup parsnips
½ cup celery
¾ cup cooked lentils
½ cup red peppers
½ cup apple
½ cup sweet onion
¼ cup raisins
¼ cup dried cranberries or cherries
olive oil
salt and pepper
maple syrup, cinnamon, ginger, nutmeg, cloves, allspice (to make sweet)
rosemary, thyme (to make savory)

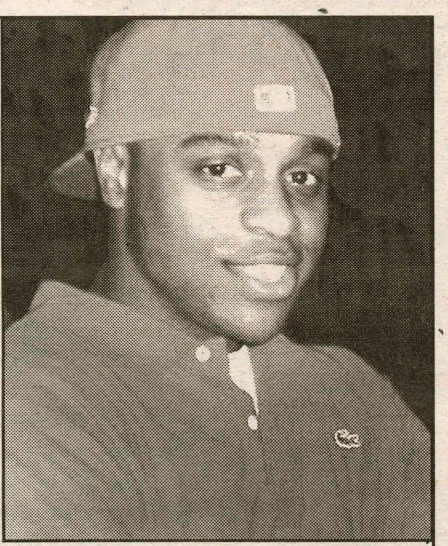
Chop carrots, parsnips, celery, peppers, apple and onion and put in large bowl. Add dried fruit. Add *either* sweet or savory spices, drizzle olive oil, salt and pepper to taste. Put filling into cleaned pumpkin, replace pumpkin lid. Place pumpkin on baking sheet. Drizzle a bit of olive oil over top. Cook at 350° for about one hour.

"What's Cookin' in the CoOp" os a collection of yummy concoctions from the CoOp kitchen at Wolcott house.


WWW.GOOGLE.COM

Bachelor & Bachelorette of the Week

Daniel Theodate '08



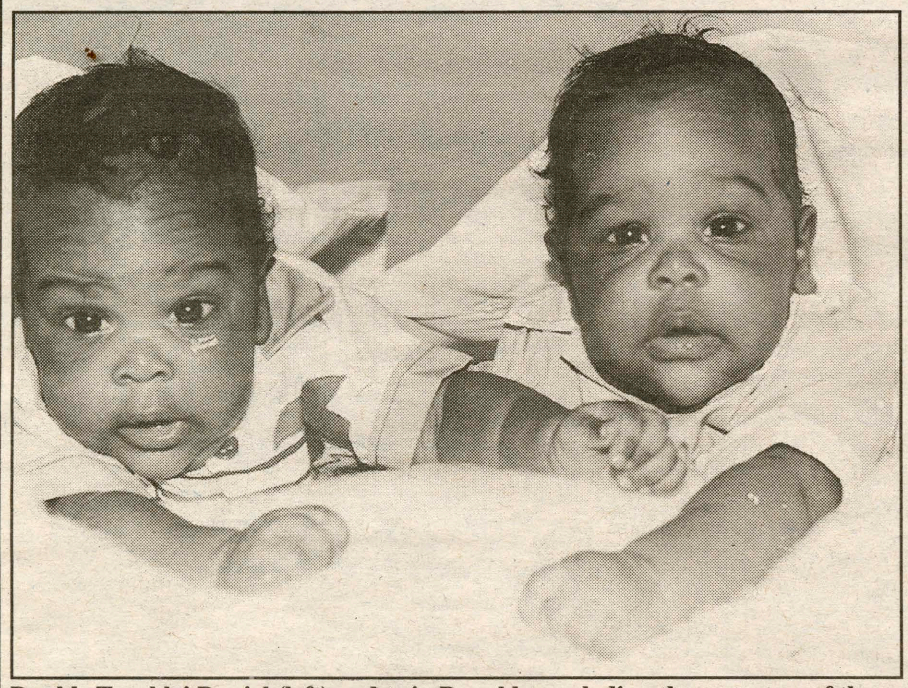
Age: 21
Eye Color: Dark Chocolate
Height: Tall Enough
Sign: Aries
Hometown: Boston, MA
Major: Psychology
On Campus Activities: Heat
Interested In: Women
What You Are Looking For Now: Anything & Everything

Ideal Date:
On Campus: picnic on minor field under the stars
Off Campus: romantic dinner for two at McDonalds
Turn Ons: sense of humor, fun personality, girls that smell nice
Turn Offs: bad kissers, bad dressers, smoking
Dating Deal Makers: honesty, human
Dating Deal Breakers: STDs, bad breath

Favorites
Place On Campus: my room aka Chocolate City
Exercise At The Gym: adductor
Gift to give: candy and other forms of deliciousness
Gift to get: hugs
Song: Anonymous
Book: *Green Eggs and Ham*
Movie: Little Rascals
"Guilty Pleasure" Song: "I Drive Myself Crazy" by N'Sync
"Guilty Pleasure" Movie: Little Mermaid
Celeb Crush: Jessica Alba
Breakfast: buffalo wings
Sitcom: Dawson's Creek
Quote: "I give my word to stop at third."

If I were an animal I would be: I am an Animal.
If I could go anywhere in the world I would go: Neverland Ranch
The best pick-up line I have used: "Forget Milk, I'll do your body good."
The best pick-up line that has worked on me: "Is your name Campbell? [No, why?] Cause you look mm...mmm....good."

If I were out with a date and were charged by a bear I would:
A) Throw my date in front of the bear and run
*****B) Expose my breast to the bear and scream "Take me instead!"***
C) Team up and try to fight the bear
D) Other____________________



Double Trouble! Daniel (left) and twin Donald - yes ladies, there are two of them.

Taylor Brady '08

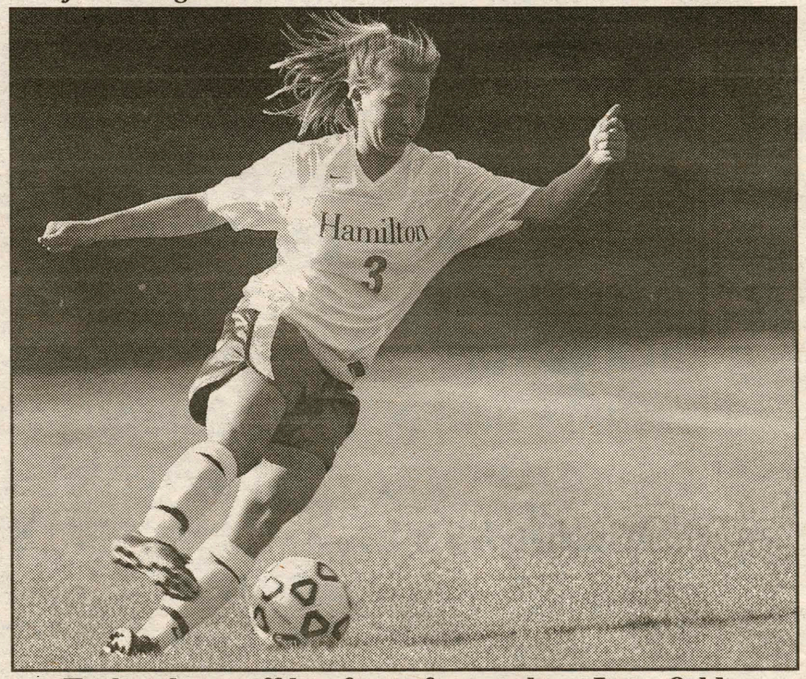
Age: 21
Eye Color: Green
Height: 5'4"
Sign: Aquarius
Hometown: VERMONT
Major: Environmental Studies
On Campus Activities: soccer, hockey, ASB
Interested In:a woodland elf, sarcasm, and laughter
What You Are Looking For Now: Someone to whisper sweet nothings in my ear

Ideal Date:
On Campus: foraging for mushrooms in the glen or sledding down College Hill Road
Off Campus: nachos and margharitas at Tex-Mex, or seeing a concert
Turn Ons: Recycling, Tree-hugging, overalls
Turn Offs: pink-eye, flat tires, country music, my car
Dating Deal Makers: fondness for interpretive dancing, picincs
Dating Deal Breakers: hates being outside, liars

Favorites
Place On Campus: library compter lab, Love Field, my bed
Exercise At The Gym: treadmill
Gift to give: new music
Gift to get: new music, a massage, and a job for next year when I graduate
Song: "Lullaby" by The Cure
Book: Dreamed of Africa by Kuki Gallman
Movie: Almost Famous
"Guilty Pleasure" Song: "Gimme More" by Britney Spears
"Guilty Pleasure" Movie: Fern Gully
Celeb Crush: Gary, you know who you are
Breakfast: Coffee
Sitcom: The Office

If I were an animal I would be: A giraffe, because they are peaceful vegetarians.
If I could go anywhere in the world I would go: Back to Kenya, because it is my homeland.
The best pick-up line I have used: I don't have any game.
The best pick-up line that has worked on me: "Are you wearing spacepants, cuz your ass is out of this world."

If I were out with a date and were charged by a bear I would:
A) Throw my date in front of the bear and run
B) Expose my breast to the bear and scream "Take me instead!"
C) Team up and try to fight the bear
*****D) Other " Give it a hug, ditch my date and live happily ever after among the trees."***



Taylor shows off her fancy footwork on Love field.

E-MAIL *SPECBACHELOR@GMAIL.COM* WITH YOUR BACHELOR AND BACHELORETTE NOMINATIONS!

Compiled by Erin Hoener, Managing Editor

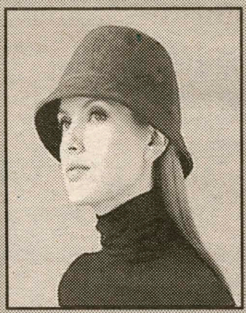
Smart Shopping: Oh, Darling, You Look So Stylishly Sloppy!

by Fenglin Zhao '09
Features Columnist

I have just had two nerve-wracking, midterm/due date-ridden weeks recently. The other night when I was ferociously dealing with my capital pricing model, someone casually commented on my recent outfit with a slight trace of sarcasm: "Oh, Uggs." "Oh, Uggs!!!!" I heard my resignation to "comfort clothing" shattering into pieces. Somewhere between my econ study sheets and coffee cups, I realized I have been substituting my vest and snow boots a lot for my usual sense of "good fashion." But wait a minute, as soon as that thought flashed by, I started thinking that if fashion is no longer comfortable, can it still be considered " good fashion?" If fashion makes professional models fall on the runway and ordinary people feel pretentious, how can it be called good fashion in the first place?

It's Clinton, New York! Wear tees and sweat pants as much as you want. Sometimes you only need one key piece to change the entire attitude of your outfit and end up looking stylishly sloppy.

Juicy Couture Embroidered Felt Fedora ($75, saks.com)



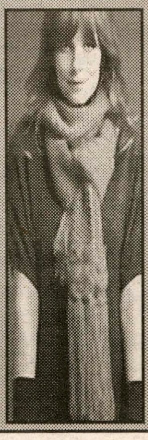
1. You need a hat that pre determines the mood of your outfit whether you wear a fur coat or just a turtle neck sweater.

Card print t-shirt by Chloe ($66, net-a-porter.com)

2. If you decide to wear tees, wear quality ones.

Guess by Marciano Double-heart Necklace ($25, guess.com)

3. Always accessorize! It's kind of like why Hollywood stars like pairing up their sweatshirts with Balenciaga bags.



Banana Republic Chunky woll scarf ($49, bananarepublic.com)

Lotions and Potions: Ill? Tips to Still Look Pretty!

By Elizabeth Kosar '10
Beauty Columnist

Eww. That's one of the many words that can be used to describe a person suffering from mono, a sinus infection, a rash…When you're sick, you aren't going to look your best. But you probably aren't going to be able to hole up in your room hiding from the world either. Being sick really, really sucks, but there are some things to help your appearance from ending up in the toilet.

WWW.LITTLEJETPLANE.COM

Aquaphor: Honestly, I talk about this stuff so much, I should be getting paid by Aquaphor. Anyway, when you've been blowing your nose like 50 times a day, that's when it really saves your life. Rub it beneath your nose to preserve and restore that sensitive, irritated skin.

WWW.GARETTSHOUSE.ORG

California Baby Cold & Flu Bubble Bath: Obviously, we're probably not taking baths but you can use this stuff as a shower gel. A warm shower with lots of steam can help stuff break up and it just feels so good on an aching body.

Maybelline Dream Mousse Blush: Looking like a pale, pasty ghost is not appealing. So try this gentle blush to bring a little color back into your life.

WWW.DRUGSTORE.COM

Fluids: Drinking water is always important, but when you're sick it's just such a big deal. Fill up your Nalgene and sip quietly all day. I also like mint tea with honey when I have a sore throat. There are also beauty benefits there since honey has long been a staple ingredient in beauty products.

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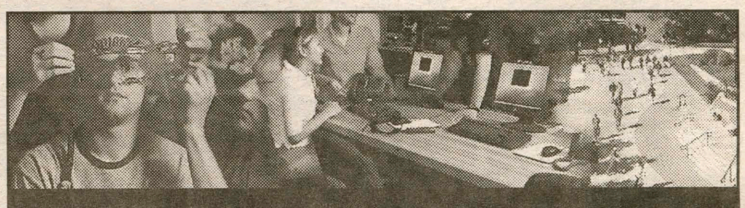
Starting Monday Sept 24th Pizza Place CHALLENGES your Dorm or Organization to order the most food and win cash towards an end of the year PARTY!!!
Just call and order. Be sure to tell us what Dorm or Organization you're from. On May 1st whoever has the most orders total will receive $500 CASH!!
We appreciate your business and wish you a successful year.
GOOD LUCK!!



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A PBS three part series (*up north*, *down south*, *out west*) featuring Robert MacNeil discoveries about American English

"up north:" Sunday, Nov 18th
"down south:" Sunday, November 25th
"out west:" Sunday, December 2nd

6:30 P.M. SCCT G027

In "up north," Robert MacNeil canvasses the North to learn firsthand about linguistic dialect zones, the tension between prescriptivism and descriptivism, the impact of dialect on grapholect, the northern cities vowel shift, the roots of African-American English, minority dialects and linguistic profiling, biases against nonstandard speech, and the general perception of the U.S. Midland dialect as "normal American." Hip-hop street talk, IM slang, Pittsburghese, and Gullah and Geechee are sampled, and Bill Labov, the dean of American linguists; Jesse Sheidlower, American editor of the august OED; and New York magazine's John Simon are featured.

Contact
Barbara Britt-Hysell
bbritthy@hamilton.edu

The Career Center

What's the best* thing about Thanksgiving Break?

The Networking!

Your grandfather, your aunt, the next door neighbor...everyone you meet over break is a potential resource for career exploration - and may even share info about how to pursue a job or internship in your field of interest!

Strike up some career conversations during your holiday celebrations!

Visit the Career Center website for additional helpful tips.

The Networking Guide on our website offers you lots of great tips for becoming successful at networking!

www.hamilton.edu/careercenter

** well, maybe not the best thing, but better than a kiss from your bearded Aunt Ruth!*

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French Fries.......................................*$2.99*
Nick's Greens
Sauteed escarole with cherry peppers, prosciutto, italian seasoned bread crumbs & too much garlic.......................................*$9.99*
Garlic Bread
sm................*$1.50*.........................*lg*........*$2.50*

By Court Order: Friday Fish Specials
Fish Fry
Beer Battered and served with fries & cole slaw ....*market price*
Fish Sandwich
Served with fries...........................*market price*
Panko Fish Fry
Breaded with japanese bread crumbsand deep fried.Served with fries & cole slaw....................*market price*
Our Famous Coconut Shrimp
Pan fried and served with fries and cocktail sauce for dipping.......*market price*

Specialty Rolls
Please call ahead for these items.
Sausage Roll......................**$12.99**
Spinach Roll......................**$12.99**
Broccoli Roll......................**$12.99**
Antipasto Roll.....................**$14.99**
Whole wheat dough offered upon availability.

Tomato Pie- *1/2 tray*.................*$8.00*
full tray................*$12.00*

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From The Sub Station
Cold Subs

	1/2 Whole
Ham..............................	$4.99-$6.50
Turkey...........................	$4.99-$6.50
Roast Beef......................	$5.99-$6.99
Salami...........................	$4.99-$6.50
Mixed Italian Combo....	$4.99-$6.50
Tuna Fish......................	$4.99-$6.50

All subs include lettuce, tomatoes, onions and american cheese.

911 Hot Tunnels
Sausage.......................*$4.99-$6.50*
Meatball........................*$4.99-$6.50*
Veal Parmigiana...........*$4.99-$6.50*
Chicken Parmigiana.....*$4.99-$6.50*
Philly Cheesesteak.........*$6.99-$8.99*
Buffalo Chicken.............*$5.99-$6.99*
Our Famous East Utica Steak Sandwich
Filet smothered with Italian long hots, onions, mozzarella.Served on our own garlic bread.......................*$12.99*

Hot peppers, sweet peppers, onions, mushrooms available on request. .49 extra

On The Wrap Sheet
All wraps come with fries & pickle.
Ham...$5.99
Turkey...$5.99
Roast Beef...$5.99
Salami...$5.99
Tuna Fish...$5.99
Chicken..$5.99
Chicken Ceasar...................................$6.99
Steak Wrap...$6.99

Under House Arrest?
We Deliver to the Dorms!

Pizza
Cheese...........................*$6.99-$10.50*
Garlic.............................*$6.99-$10.50*
Al Capone
Ricotta Cheese, Roasted Red Peppers & Eggplant...................................*$14.99*
Elliot Ness BBQ Chicken
BBQ sauce, chicken breast,onions & mozzarella.................................*$15.99*
Death Row Meat Lovers
Pepperoni, sausage, meatballs & mozzarella.....................................*$16.50*
Solitary Confinement Veggie Pie
Mushrooms, onions, peppers, olives & tomatoes with mozzarella............*$17.99*
Witness Protection Chicken Wing Pizza
Chicken breast, mozzarella & spicy buffalo wing sauce (mild, med, hot)...........................*$15.99*
Da Works
Pepperoni, peppers, onions, mushrooms, sausage & tomatoes...................*$16.99*

Additional Toppings: add $1.00-sm. $1.50-lg.

Whole wheat pizza dough offered upon availability.

Wings
10...$6.75
20...$8.50
30...$12.50
40...$15.50
50...$18.50
100...$34.99

Blue cheese & celery $1.50

733-nypd
(733-6973)
Fax: 733-6972
85 Clinton Rd. New Hartford

Weekly Charts

by Jacob Murray '09
Arts & Entertainment Editor

MUSIC

(From iTunes)

Top Albums

1. As I am- Alicia Keys
2. Sawdust- The Killers
3. Mothership- Led Zeppelin
4. Rough Around the Edges- Dane Cook
5. Taking Chances- Celine Dion

Top Songs

1. Low- Flo Rida
2. No One- Alicia Keys
3. Apologize- Timbaland
4. Kiss Kiss- Chis Brown
5. Bubbly- Colbie Caillat

MOVIES

(Yahoo! Box Office Charts)

1. Bee Movie
2. American Gangster
3. Fred Claus
4. Lions for Lambs
5. Dan in Real Life
6. Saw IV
7. The Game Plan
8. 30 Days of Night
9. P2
10. Martian Child

BOOKS

(From The New York Times Best Seller List)

Paperback Fiction

1. LOVE IN THE TIME OF CHOLERA, by Gabriel García Márquez
2. WATER FOR ELEPHANTS, by Sara Gruen
3. Halo: CONTACT HARVEST, by Joseph Staten
4. THE KITE RUNNER, by Khaled Hosseini
5. THE MEMORY KEEPER'S DAUGHTER, by Kim Edwards

Paperback Non-Fiction

1. EAT, PRAY, LOVE, by Elizabeth Gilbert
2. INTO THE WILD, by Jon Krakauer
3. THREE CUPS OF TEA, by Greg Mortenson and David Oliver Relin
4. 90 MINUTES IN HEAVEN, by Don Piper with Cecil Murphey
5. THE GLASS CASTLE, by Jeannette Walls

Theatre Dept. Presents *Etta Jenks*

by Jen Vano '09
Arts And Entertainment Writer

It is black but for the gray smoke scaling the walls and snaking into the audience. They are almost silent although the show has not yet started. The intimate theater allows its stage to tease me with the glass floor and ceiling-high panels which create it, and I can see in the not-so-distant distance a distorted reflection of myself and those around me. When the smoke clears and the curtain is raised, scenes are projected onto this glass. First: classic 1940s films, simple, elegant, tasteful; later: the hint of sexuality; and finally: sex screamed, not whispered. I hope that, although something about the play seems twisted, attending will be worthwhile.

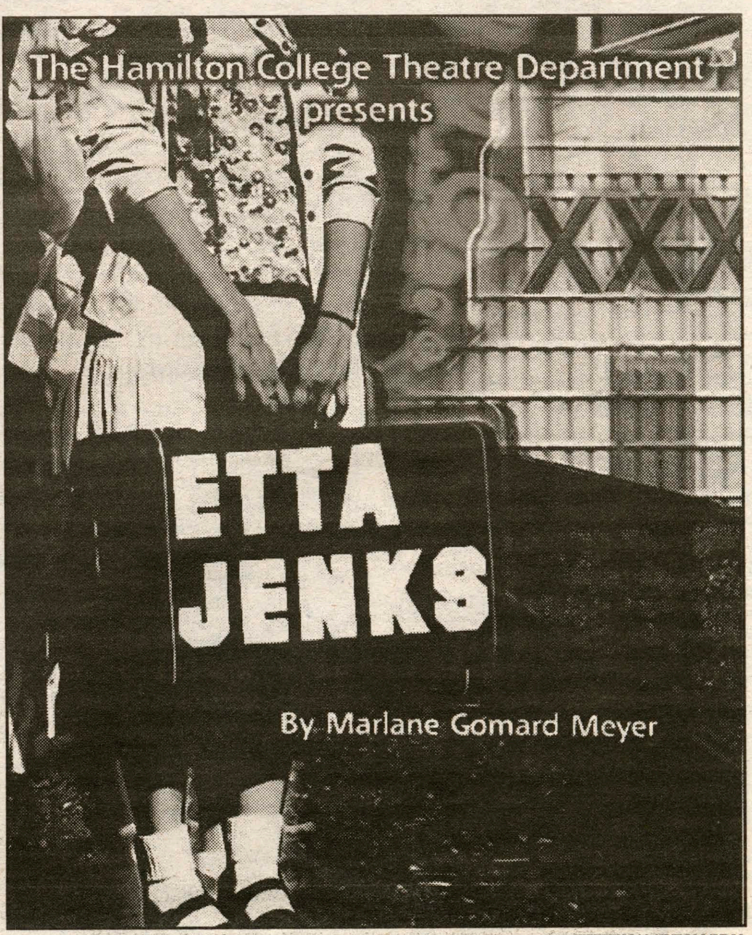
I am not disappointed. The play opens with a newly blonde Caroline Nixon '08, portraying the title character, Etta Jenks. I am not certain of the time period when the curtain rises. (Miss Etta Jenks has a forties classic film quality about her, but soon after, secondary characters dressed in modern Goth or watching what sounds like *Dancing with the Stars* greet us.)

Nevertheless, the fire in Caroline's eyes and her undeniable commitment to the dialogue draws me into her and the performance's world. I believe that she has come to Hollywood—armed with little more than her smile, a small suitcase, and that proverbial dream of *the movies* (the glamour, the lack-of-struggle, the always happiness)—herself believing wholeheartedly that she *will* make it big.

The scenery is minimal; black boxes become chairs, tables, desks, and nothing else but what is absolutely necessary decorates the stage (perhaps a white phone, a small television stage left).

The actors are the focus. There is pressure on them to tell a story with few or no props to distract us, to capture our attention using only their bodies and voices to ignite the bare background. One by one, they energize the theater: I am both drawn to and frightened by Bert (JoJo Giovannangeli '08) who never straightens his hunched physicality or quickens his slow, steady speech; I worry for and hate the sneaky drug-dependent James (James Greisler '10), who is frenzy personified; I want to reprimand, support, and weep for the desperate, pseudo-confident porn star/dance hall hostess Sheri (Lindsay Pearlman '08) and save the teen dominatrix who hides her discontent with whips and leather (Chelsea D'Aprile '09); and the dynamic between Spencer (Rich Sonne '08), who grasps at the fading allure of classic film, and Ben (Jovan Livada '08), who profits unabashedly from the realities of the "skin flick" industry, makes me wonder whether the ideal of Hollywood is purely myth or a dream lost somehow on the heels of a money-hungry, amoral society. This thought's ugliness does not detract from the pleasantness of the overall, and I leave Minor Theater impressed and satisfied.

The strength of the acting, directing, and set design, and the provocative plot make *Etta Jenks* more than worth seeing. *Etta Jenks*, Minor Theater, $3 for Students: Friday, 8 p.m., Saturday, 8 p.m.



WWW.HAMILTON.EDU

See Etta Jenks this weekend at Minor Theater.

Hamilton Horoscopes

By Steve Allinger '09
Staff Seer

Aries: Take time to count your blessings, for they are few and counting is not one of them.

Taurus: Your possessive nature will take hold of you this weekend. But no one, not even a Taurus, can own the entire root glen.

Gemini: Stay away from gossip. If you don't have anything nice to say about a person, let them know so they can get to work on trying not to suck.

Cancer: Don't worry; your recent performance in the classroom is not a result of bad luck, it's just your functional illiteracy.

Leo: I was looking into my crystal ball the other day and saw you holding an acceptance letter to the program of your dreams. Then I realized that the shrooms were starting to kick in.

Virgo: Give up. Stay in this weekend. No, really, I'm serious.

Libra: I was sticking my toungue in a light socket the other day when I had a vision.... Libras around the world should never stick their toungues in a light socket.

Scorpio: Someone will poison you this Saturday... with love! No seriously though, you're going to be poisoned.

Sagittarius: Remember this when you see your family over break: you can never be as ashamed of them as they are of you.

Capricorn: Your sign sort of sounds like cornucopia, the symbol of Thanksgiving! Good for you.

Aquarius: Beware an Aries. Scary, huh?

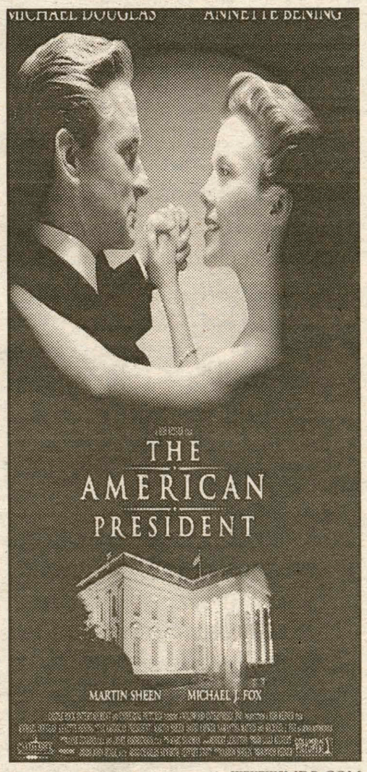
Pisces: If you are an attractive she-Pisces your lucky numbers are 1-315-256-3938 (ask for Pat).

"New to You" Movie Review: *The American President*

by Jennifer Mitchell '09
Arts And Entertainment Writer

This week's "New to You" movie is the fabulous romantic comedy "The American President." This film, released in 1995, offers a powerful combination of love, humor, and politics that's sure to please any audience.

Michael Douglas stars as President Andrew Shepherd, a Commander and Chief who has everything going for him: a perfect First Daughter, a devoted staff, and approval ratings that are through the roof. The only thing he lacks is a First Lady. After four years of "being paraded around as the lonely widower" President Shepherd is toying with the idea of getting back out on the market. Enter lobbyist Sydney Ellen Wade, a professional political strategist who can't seem to pull her foot out of her mouth. After a few hilarious mishaps including storming out of the wrong door in the Oval office and unwittingly telling the President "what a nice ass" he has, Sydney manages to pull it together enough to be the Commander and Chief's First Girlfriend. Between the air-strikes, union negotiating, and political mud-slinging, the question asked by the movie is can Andrew Shepherd bring a woman flowers and be President at the same time?



WWW.IMDB.COM

A classic movie that's worth watching again.

Student art work displayed

by Ashley Stagner '09
Arts And Entertainment Writer

In honor of Family Weekend, student works from almost all of the courses offered by the Art department are on display in the gallery area in List. The works come from the introductory classes of sculpture, ceramics, drawing, painting, and printmaking, as well as advanced painting, intaglio printmaking, and designs from previous years.

Entering the gallery, viewers are overwhelmed by the bold colors and displays before them. Julio Monterroso's sculpture of a tree limb with the changing of green to red leaves automatically captures viewers' attention. They then transition their gazes to the stark black and white drawings from the introduction to drawing class. From there viewers find the enigmatic and mysterious prints from both printmaking classes, and traveling around the corner they come to dizzying designs followed by stunning realist and abstract paintings from the introductory and advanced painting classes. More delicate works from the sculpture and ceramics classes are found in the glass display. The exhibition of work shows the incredible talent of Hamilton students ranging from freshman to seniors and introductory to advanced work. Both professors and students alike should be proud of the art that is presented.

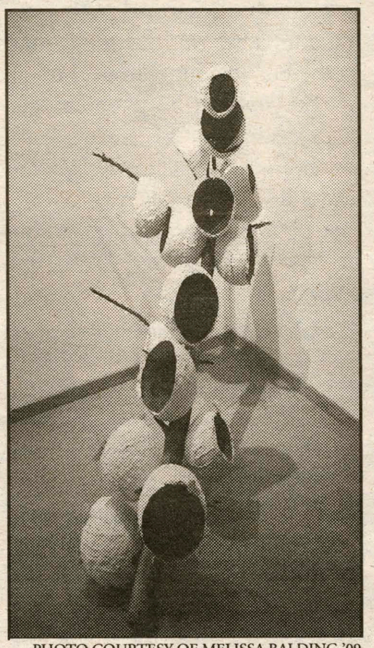


PHOTO COURTESY OF MELISSA BALDING '09

PHOTO COURTESY OF MELISSA BALDING '09

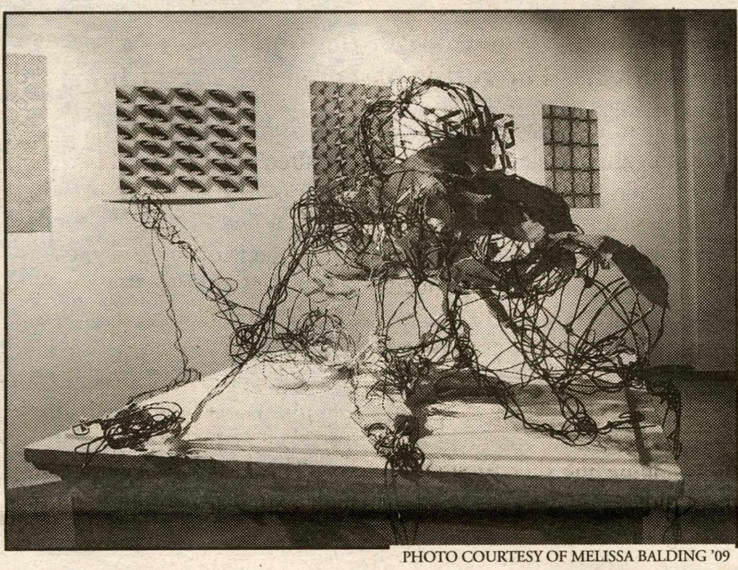


PHOTO COURTESY OF MELISSA BALDING '09

The three pictures above feature students' art currently on display in List.

Movieplex 9
24 HOUR MOVIE INFO 363-6422
GLENWOOD SHOPPING PLAZA
WWW.HOLLYWOOD.COM RT. 5 & 46 ONEIDA
SHOWTIMES BELOW ARE GOOD THRU TUE 11/20
DUSTIN HOFFMAN NATALIE PORTMAN
MR. MAGORIUM'S WONDER EMPORIUM
STADIUM SEATING
●12:00●2:10-4:20-6:30▲8:40 DTS G
BEOWULF
ANGELINA JOLIE
ANTHONY HOPKINS
STADIUM SEATING
●12:05●2:25-4:50-7:15▲9:40 DTS PG-13
FRED CLAUS VINCE VAUGHN
●11:50●1:20●2:20- ON 2 SCREENS
●3:50-4:45-6:20-7:20▲8:50 DTS PG
BEE MOVIE JERRY SEINFELD #1 MOVIE!
●12:20●2:35-4:40-6:45-8:50 PG
AMERICAN GANGSTER
●1:15-4:30-7:45 DENZEL WASHINGTON R
DAN IN REAL LIFE STEVE CARELL
●12:40●2:50-5:05-7:10▲9:20 PG-13
LIONS FOR LAMBS TOM CRUISE
●12:45●2:45-5:00-7:00▲9:00 R
ACROSS THE UNIVERSE ●2:15-6:55 PG-13
P2 ●12:15-4:55▲9:35 R
●MATINEES FRI-SAT- SUN-WED-THU
▲LATE SHOWS FRI-SAT-TUE-WED-THU
ADMISSION $5.00 ALL SHOWS BEFORE 6:00
EVENING ADMISSION W/COLLEGE ID $6.00

Steel Train Releases New CD: Trampoline

by Ashley Stagner '09
Arts And Entertainment Writer

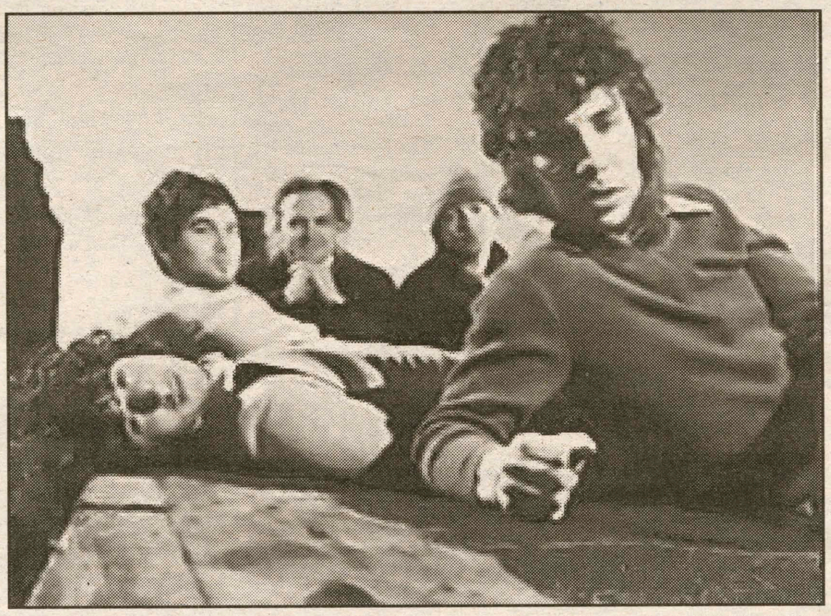
Steel Train's new CD, *Trampoline*, released on October 16 is a must have item. I love the indie band with a passion, so I am admittedly biased in my assessment of the CD's worth, but I remain by my position of the band's talent.

The Jersey band began with Jack Antonoff (vocals, guitar and piano) and Scott Irby-Ranniar (vocals, percussion and Wurlitzer electric piano) playing in subways and alleyways in New York. They decided to call themselves Steel Train after a Bob Marley song that they covered. In 2000 they recorded an EP which gained the interest of Drive Thru Records with whom they later signed. Two years later they recorded their debut EP, *For You My Dear*. Antonoff and Irby-Ranniar soon added Evan Winiker (bass and backing vocals), Matthias Gruber (drums and percussion), and Matthew Goldman (guitar and backing vocals) to the band. Together, the band then recorded the highly praised EP *1969*, which covers six classics from that year and set the stage for their 2005 original full length album, *Twilight Tales from the Prairies of the Sun*. However, last December the band announced they would be parting ways; Gruber and Goldman left, and their positions were filled by the tour manager Daniel Silbert (guitar and backing vocals) and Jon Shiffman (drums and percussion).

The band admittedly has an older style—Antonoff jokes that the band was "30 years too late." However, the band is connected to the emo-punk scene due to their label and the bands they are on tour with, such as Early November and The Rocket Summer.

Interestingly, Antonoff used to date Scarlett Johansson, and the song "Better Love" is about her. Additionally, the songs "2 O'Clock" and "Dig" also reference her. Antonoff is now dating Alia Shawkat from "Arrested Development."

Steel Train is known for its energetic live performances and "jamming" style that is also represented in its music. Although the lyrics of some of their songs are melancholy, the jubilance and the enthusiasm of the band shine through as if saying, yeah, today might suck, but tomorrow has the potential to be wonderful.



WWW.IMDB.COM

Steel Train's newest CD, *Trampoline*, is a must have item.

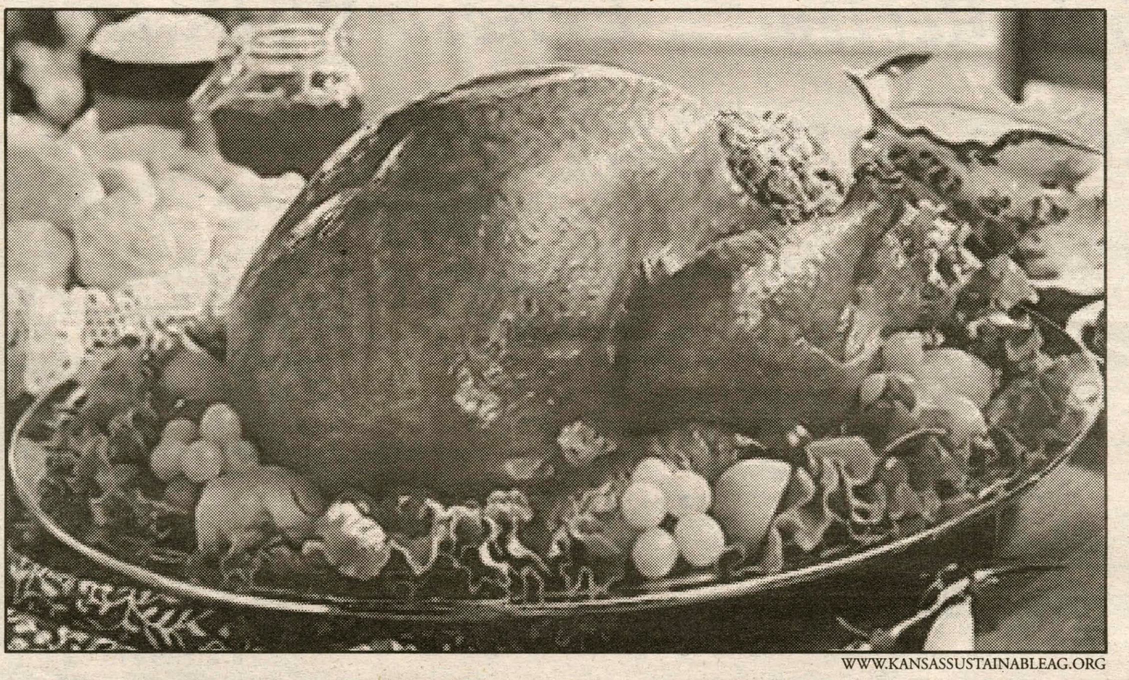
"Firecracker" is my favorite song on the album. The song begins slowly, but picks up the pace quickly, and includes an interesting combination of instruments ranging from the standard guitar and drum combination to a xylophone and triangle. The tone of the song changes back and forth, moving from romantic to brisk, in keeping with the lyrics: "well I saw the lonely road / he left and said to me / 'don't follow' / cause I'll only bring you sorrow / and I went down my lonely road / he left, and I just said, / 'no, no, no, no, no' / all I said was 'no, no, no, no, no.'" "Firecracker" reminds listeners of the sadness of feeling a strong irresistible attraction for someone you know you should not have those feelings for, and then trying to move on after rejection. Still, the song is so upbeat, that following Steel Train's typical style, the song makes listeners feel as though it will be all better tomorrow.

Listening to this CD, one wonders if the band members have stock in antidepressants. Almost all of the songs are so euphoric, that it is impossible to be depressed. One of the most enthusiastic songs is "I Feel Weird." Antonoff comments on the song, "So the goal for 'I Feel Weird' was to create a really bizarre feeling with contrast of lyrics and music. The song recaps the past four years of my life — everything I've lost and come to gain. It's meant to be an uplifting statement." The song does this and more. Keeping your head nodding and foot tapping, the song stays with you for long after it is done playing.

Steel Train, using the classic style of the past to create a sound of their own, is sure to be a band that you will hear much of in the future.

The Whole Truth About Turkey and Tryptophan

by Kate Tumarello '11
Science & Technology Editor



WWW.KANSASSUSTAINABLEAG.ORG

While the tryptophan in turkey can work as a sedative, you'd probably have to eat the whole turkey to feel any real effects. The rest is based on the size of the meal.

Along with sweet potatoes, cranberry sauce, and pumpkin pie, most traditional Thanksgiving feasts revolve around turkey, unless of course it's turducken, a strange mix of turkey, duck, and chicken, or tofurkey, an even stranger mix of tofu and turkey flavoring, that dominate your table at Thanksgiving. After we eat the feast and finish the wine, we all sit back and blame the tryptophan in turkey for our post-dinner lethargy.

I've always questioned the truth behind the influence of tryptophan, a natural sedating amino acid found in turkey. Does it have a real chemical effect, or is it just an excuse my family members use to get out of doing the massive amount of dishes? Fortunately, Snopes.com, a website that covers and debunks urban legends, has an article devoted entirely to tryptophan and its mysterious effects.

While Snopes.com gladly admits that there is tryptophan in turkey, they also claim that it is not the reason we all find ourselves incapable of moving after Thanksgiving dinner. The 350 milligrams in every four ounces of turkey is comparable to the amount of tryptophan in a serving of chicken. I don't remember passing out the last time I had chicken fingers at the Diner. Tryptophan is also found in regular foods like milk, beef, and beans, to name a few. With its prevalence in commonly eaten foods, we would spend much more time sleeping if tryptophan was as effective as everyone thinks it is.

Then how was tryptophan used as a dietary supplement for insomniacs in the 1980s? After all, in 1989 it was the tryptophan supplement that was blamed for the outbreak of Eosinophilia-Myalgia Syndrome, a blood disorder that causes fever, rash, weakness, and shortness of breath. The doses of tryptophan that were prescribed were between one and two thousand milligrams. You would have to eat more than four servings of turkey every day to feel any of the severe effects of tryptophan that those taking the dietary supplement did.

So if it's not really the tryptophan in turkey that makes us feel tired, what is the cause of our laziness? Snopes.com attributes this to a few things. The first is the amount of alcohol typically consumed during the average Thanksgiving dinner. During our new student orientation, we all learned from TIPS that alcohol can produce a type of lethargy in those who consume it.

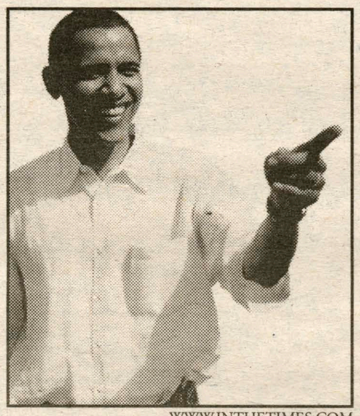
This effect of alcohol, along with eating a carbohydrate-rich diet, enhances the feeling of being tired. This may be surprising since carbohydrates are usually associated with energy and rejuvenation. While carbohydrates can provide energy, they can also have a calming effect. According to EatRight.org, this is due to the release of serotonin that eating carbohydrates triggers. Serotonin is the chemical that regulates things like sleep, pain, mood, and hunger. While carbohydrates will eventually provide us with more energy, eating them can immediately make us feel tired. All of the bread, potatoes, and sugars are double-edged swords.

Snopes.com also blames the solidity of the food we consume at Thanksgiving. Apparently, eating a liquid diet greatly reduces the lethargy after a meal. This is because solid foods need more effort from the body to be broken down during digestion. The result is an increase in blood flow to the abdomen, which can produce this sluggishness.

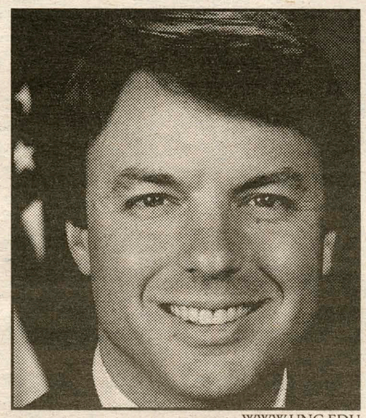
So it's true: eating Thanksgiving dinner can make people tired. However, the culprit of this is not the tryptophan in turkey. Instead, it is the amount and type of food we eat. When my brothers blame the tryptophan for their inability to help clean up this Thursday, as they do every year, I'll tell them that it's their turn to do the dishes.

Quality Health Care... for All? The Democratic Candidates' Positions on Universal Health Care

by Kye Lippold '10
Science & Technology Writer



WWW.INTHETIMES.COM



WWW.UNC.EDU

While all the canidates' plans for universal health care are similar on some levels, Edwards' and Obama's stand out.

Health care proposals have been heavily discussed in the 2008 presidential election, and this trend is unlikely to change. Politicians try to cater to voters, and health care consistently ranks high on lists of American concerns, with seventeen percent of Americans saying their vote for president will be based most strongly on health care proposals (only lower than the economy and the War in Iraq) in an October 31 Newsweek poll and twenty-five percent of Americans reporting that health care is the issue they most want discussed in the 2008 campaign in an October 12 CBS poll. As such, it seems worthwhile to evaluate where the presidential candidates stand on health care and to examine how their plans match American expectations. This week, I'll talk about the Democratic candidates.

First of all, a majority of Americans approve of socialized medicine; 55 percent supported a single-payer government program versus 29 percent who supported the current private health insurance system in a September 12 CBS poll. Fifty-seven percent of registered voters (including 84 percent of Democrats, 54 percent of independents, and 32 percent of Republicans) agreed in an October 23 Quinnipiac University poll that it is "the government's responsibility to make sure that everyone in the United States has adequate health care," with 60 percent supporting government provided health care for "those who can't afford it" and 70 percent supporting government assistance with catastrophic medical expenses. Thus, it is no surprise that the Democratic candidates have offered programs to tackle health care by expanding private programs, although only one advocates a single-payer system.

Some critics of the medical establishment, such as Michael Moore in his film "Sicko," claim that politicians support private insurance over single-payer systems because they receive substantial campaign contributions from drug companies and Health Maintenance Organizations (HMOs). Whatever the truth of this accusation, data on campaign contributions from these organizations is readily available from the Center for Responsive Politics at www.opensecrets.org. HMOs are the 51st largest donor of campaign funds among 80 major industries, while pharmaceuticals and health products rank 16th.

Moving beyond the controversies over corporate influence, most Democratic health care plans are very similar. Using a summary compiled by the Kaiser Family Foundation, one finds that most Democratic candidates endorse requiring all Americans to be covered (with assistance from refundable tax credits for health care), and for employers to be required to pay the costs of coverage if they do not supply their employees with health insurance. These Democrats in general also support creating markets to allow consumers to pick between insurance plans, some based off of the Federal Employee Health Benefits Program (FEHBP) used by the government, in which insurance companies compete to offer individual employee plans financed by employers.

Most call for HMOs to be forbidden to discriminate on prices based on pre-existing conditions and encourage more use of technology and preventative medicine to reduce health care costs. The proposed plans typically cost $90-120 billion dollars, paid for usually by improvements in efficiency, changes in prescription drugs policies (including allowing government negotiation for prices and easing patents to promote production of generic drugs), and repealing President Bush's tax cuts for the very wealthy (those making over $200,000 dollars per year).

However, each candidate's plan has its own differentiating advantages and disadvantages. I will discuss them by order of financing from health industries.

Senator Hillary Clinton, the best-funded by HMOs and pharmaceuticals, would only require "large employers" to buy health insurance, instead relying on incentives for small businesses. However, she does institute more stringent requirements on HMOs than other candidates, including requiring reduced discrimination in premiums by gender, age, and occupation, and setting limits on HMO spending for non-medical costs such as advertising. In addition to extending the FEHBP, she would improve Medicaid and the State Children's Health Insurance Program (SCHIP) to cover lower-income Americans. To lower costs, she plans to remove tax deductions of employer-funded coverage for those making over $250,000 per year and to create a "Best Practices Institute," which would help individuals choose the best plans for their situation.

Senator Christopher Dodd, the second -best paid, promotes a "Universal HealthMart" parallel

*see **Presidential**, page 17*

What's on the Web?
Weekly Website Review
LifeHacker.com

by Kate Tummarello '11
Science & Technology Editor

Rating: (4 beakers) *(out of 5 beakers)*

While the name of LifeHacker.com might sound scary at first, the website has nothing to do with the body stealing insect aliens from Men in Black. Instead it delivers what it considers the most recent and relevant information on technology.

From my first look at the site, it seemed like the entire site was focused on making one's computer more intricate and interesting. The main feature was a download that allowed the user to "kill runaway processes from the task bar with task killer," something I decided I needed badly enough to download. The easily accessible articles on the main page started to vary on topic, but all pretty much were centered on computers. Articles about GoogleEarth, Compiz Fusion, and ZoneAlarm Anti-Spyware seemed to dominate the interests of LifeHacker.com.

Then I scrolled down the page a little and the nature of the articles started to vary even more. I found an article on freezing food and on one *The New York Times*' way of making mashed potatoes, a seasonal favorite. Of course, these articles involved some technology, but the fact that the people behind this website are able to look past the typical technology topics pleasantly surprised me.

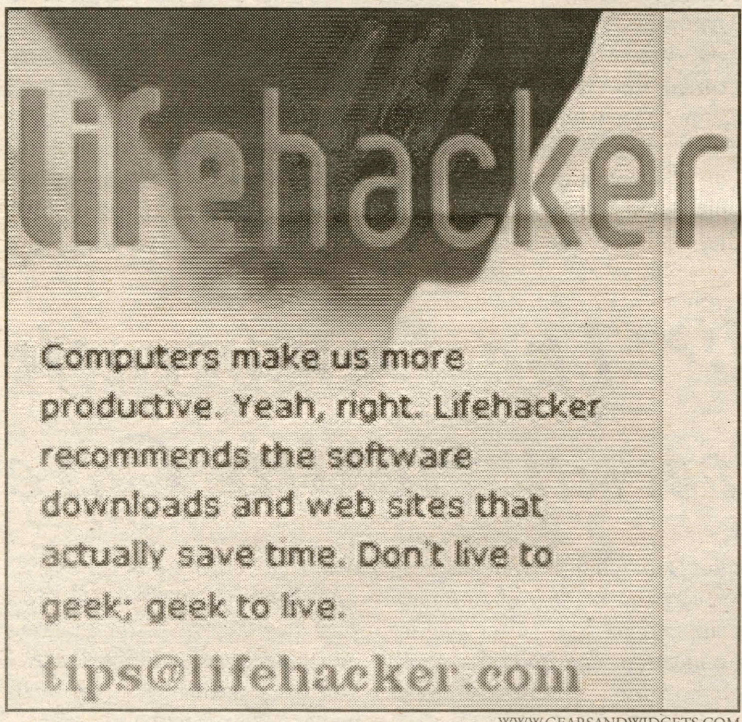
When I looked into the people behind LifeHacker.com, it all started to make sense. The founding editor, Gina Trapani also works as a columnist at Women's Health magazine and understands the scope of topics her audience is interested in learning about. In addition to running the site and writing for Women's Health, she is also a publisher and the author of Lifehacker: 88 Tech Tricks to Turbocharge Your Day, which is a "compendium of all the best hacks from Lifehacker.com's archives."

By compiling the interesting information that's out there about all kinds of technology and their uses in life, LifeHacker.com is able to reach a range of audiences. Looking to declutter the cords attached to your power strip? LifeHacker.com can help. Looking for a better iTunes substitute? Lifehacker.com can help.

Even if you're just looking for interesting art, LifeHacker.com can help you there too. Most of the ads on their site are from Gawker.com, a site that promotes up and coming artists.

Despite the pretty pictures and interesting articles, LifeHacker.com has its share of problems. Like any site that assigns its articles tags rather than organizing the site by category, it can be difficult to find information unless you know exactly what you are looking for or are just looking for something random.

If you're craving a little random technology news, check out LifeHacker.com. It's a reliable source on ways to simplify your tech life.



WWW.GEARSANDWIDGETS.COM

Although it recommends many useful ways to make computer use easy, LifeHacker. com is tough to navigate.

PROFESSOR PROFILE
Ernest Williams, Biology

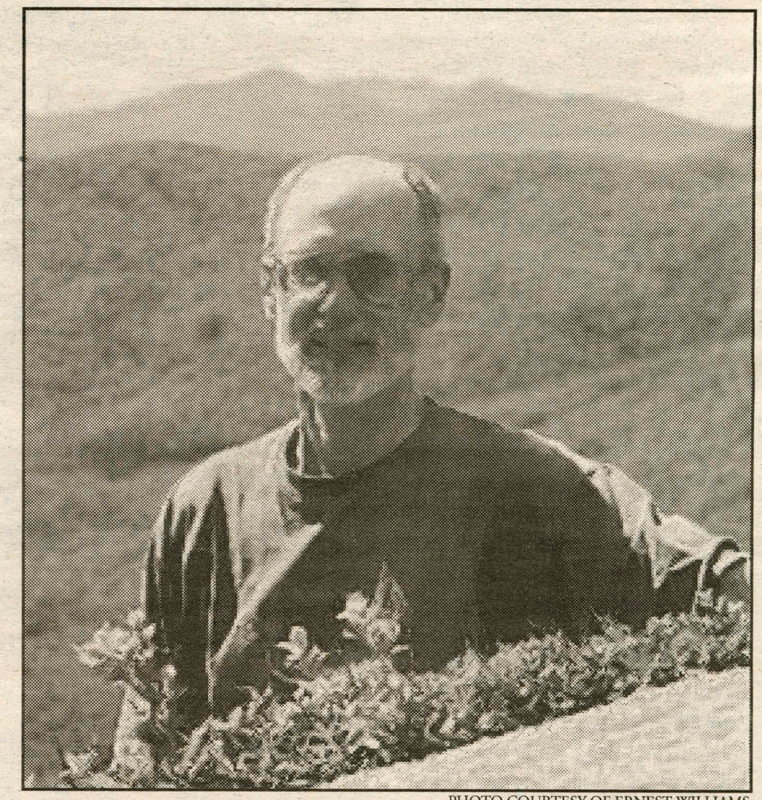


PHOTO COURTESY OF ERNEST WILLIAMS

THE FACTS:

Name: Ernest Williams
Department: Biology
Research Includes: The study and conservation of butterflies

INTERVIEW SECTION:

Elijah LaChance: If you were to describe yourself in a few words, what would they be?

Ernest Williams: Active, organized, and upbeat.

EL: What areas of science most interest you and why?

EW: I grew up in Wyoming and often went hiking, fishing, and camping. With these outdoor experiences, I became aware of and interested in nature early on. I loved the biology courses I took as an undergraduate, so I merged biology with my background in the Wyoming mountains and went into the field of ecology, which is the scientific study of nature. It gives me an excuse to go back to mountain meadows every summer.

EL: What first sparked your interest in butterflies?

EW: I've been interested in butterflies for a long time. I started collecting butterflies in the second grade, and I still have that collection.

EL: How did you eventually choose to teach for a living?

EW: Learning and teaching are completely intertwined, and I like to keep on learning and to share that learning, so the academic life has always had strong appeal for me. Look at it this way; I get paid to chase butterflies and tell other people why that's important!

EL: Why Hamilton?

EW: It's an excellent college, and I've been able to work with very good students and colleagues while teaching and studying what I choose. I have a lot of intellectual freedom here.

EL: Do you have any habits students might notice? If so, what are they?

EW: I walk pretty fast from place to place, and students have a hard time keeping up!

EL: What is your favorite band/ singer, ice cream flavor, book, and home-cooked meal?

EW: How about folk singer Bill Staines; chocolate decadence ice cream; *Guns, Germs, and Steel* by Jared Diamond; and a full turkey dinner?

EL: What would you say is your teaching style, and what can students expect who are in your classes?

EW: I hope students would say that we have a lot of interaction in class, and we mix in biotrivia and attention to writing.

EL: What was the craziest thing you did in college you wouldn't mind sharing?

EW: I had been a freshman in college for one month when the college's president declared the campus dry. I joined several hundred students who marched on the state capitol in the middle of the night chanting, "We want booze!" Nothing changed, of course. By the way, the leader of that march is now the President of the University of Hartford.

EL: Other than the Science Center, where can students expect to see you on campus?

EW: The gym, music and sports events, and Opus II (yes, that's in the Science Center).

EL: What are your current research interests, and how are students working with you?

EW: With my Biology colleague Bill Pfitsch, I've been studying the butterflies and plants at the Rome Sand Plains, which is about 20 miles from here. Every summer a cluster of students works with us at Rome to understand the biology of a rare butterfly, the growth requirements of its lupine host plants, and the best management practices for the habitat. We mix basic biology with conservation efforts.

EL: What is your fondest memory from your time at Hamilton?

EW: I think of all the trips to Whiteface Mountain with ecology classes and the trips to the Adirondacks and Camp Wenonah with the Adirondack soph sem. I have a lot of fond memories and could add many more.

SCI & TECH EVENTS CALENDAR

SUNDAY, NOV. 18:
BioMatters Meeting: We will discuss the recent trip to NYC and brainstorm on a speaker for next semester!

MONDAY, NOV. 19:
Prof. Tim Eismeier, Hamilton College Brown Bag Lunch: Does Diversity Contribute to Bowling Alone? or Is Diversity Bad for Civic Health?
12:00 p.m. SCCT G041

WED., NOV. 21 - SUN., NOV. 25:
Thanksgiving Break: Best wishes from the Sci & Tech Staff: Have a great break!

MONDAY, NOV. 26:
Dr. Eloy Rodriguez, Department of Plant Sciences, Cornell University "Biochemical Evolution of Tropic Defensive Cascades or How Birds Acquire Poisons"
4:00 p.m. SCCT 2017
Refreshments will be served

WEDNESDAY, NOV. 28:
Jan Fisher, Senior Counselor, Hamilton College "Taming the Stress Monster: Learn a Wealth of Strategies to Manage the Stress We Experience"

FRIDAY, NOV. 30:
Dr. Sylvia Ceyer, Department of Chemistry, Massachussetts Institute of Technology "New Surface Reaction Mechanisms: Role of Bulk H in Catalytic Hydrogenation"
2:45 p.m. SCCT 3024
Refreshments will be served

"SHOULD WE FORCE SCIENCE DOWN THE THROATS OF THOSE THAT HAVE NO TASTE FOR IT? IS IT OUR DUTY TO DRAG THEM KICKING AND SCREAMING INTO THE TWENTY-FIRST CENTURY ? I AM AFRAID THAT IT IS."
~GEORGE PORTER

The Democratic Presidential Candidates on Health Care

*from **Health Care**, page 15.*

to the federal FEHBP system and focuses on improving technology and coordination within the system. He suggests his plans would require no new taxes, since they would eliminate inefficiencies and be financed by premiums much like current plans. However, he does not advocate changes in prescription drug policies, and his system is overall similar to the common Democratic one.

Senator Barack Obama's plan is unique in that it mandates universal coverage only for children; this difference aroused attacks about failing to cover all Americans from Senator John Edwards at the CNN/YouTube Democratic debate, but this lower coverage requirement may make his plan significantly less expensive (cost estimated at $50-65 billion). Like Clinton, he would limit HMO administrative and advertising spending but would do so through the market by requiring public disclosure of HMO administrative costs. While he wishes to expand Medicaid, he also plans to create a new National Health Insurance Exchange, where individuals can buy private plans competing with a new public plan; to qualify, these private plans must have premiums not based on health status and comparable to the public plan. Thus, his plan is mostly based on using a regulated market to drive HMOs to offer better products.

New Mexico Governor Bill Richardson, along with Senator Obama, would allow young adults up to age 25 to continue coverage through their parents' plans. He mainly focuses on expanding existing programs, including Medicaid, FEHBP, and providing tax credits for insurance, and he says such a plan will not require new taxes because of his plans to improve efficiency in government and promote preventative medicine.

Senator Joe Biden would not require universal coverage, but would instead open the FEHBP to low income customers and small businesses aided by sliding-scale premiums as well as establishing a government fund for catastrophic insurance. He would also expand Medicaid and SCHIP, and he joins Richardson in suggesting that 55-64 year olds should be allowed to buy into the (normally seniors only) Medicare program.

Former Senator John Edwards has some of the lowest direct contributions from the health care industry, but his plan does not differ substantially from the other candidates'; he supports universal health coverage by 2012, by expanding Medicaid and using regional "Health Markets" which would provide coverage to the uninsured in a market mixing private plans and at least one plan based on Medicare. He would require insurers to spend 85 percent of premiums on patient care and has criticized lobbying efforts on prescription drugs. He recently threatened to revoke Congress's health care benefits if they fail to pass universal coverage by 2009.

The clear outliers in the Democratic field are Dennis Kuchinich and Mike Gravel. Gravel advocates a voucher program in which individuals would be given vouchers to chose their own health care, without additional requirements on employers. Meanwhile, Kuchinich is the only candidate to back full single-payer health care, as outlined in the Medicare for All Act of Representative John Conyers (currently in Congress as H.R. 676). This proposal would enroll everyone in the United States in a single health care program without deductibles and regulated by the government. This plan would phase in over ten years and be financed by income tax increases on those making over $184,000 per year, a stock transfer tax, and a payroll tax increase of 3.4 percent.

While expensive, Kuchinich claims this plan would reduce waste in the private insurance system, save employers money, and guarantee universal health coverage. The bill containing this plan has attracted 86 co-sponsors in the House, and the proposal contained within it has majority support in the public as previously mentioned.

So how to sort out the candidates' health care plans? In essence, the Democratic candidates are united in promising more coverage, subsidies for those who can't afford coverage, reining in HMOs, implementing technology, improving efficiency, and developing new markets for health care. Where they differ involves the extent to which to take these efforts, which voters can use to make their choices in the primary.

Did You Know That?

Wacky Facts: It's Turkey Time!

by Kate Tumarello '11
SCIENCE & TECHNOLOGY EDITOR

- *Turkeys can have heart attacks.*
- *In fact, turkeys near the Air Force test areas have dropped dead from the shock of passing jets.*
- *Turkeys have great hearing amd can see in color.*
- *Turkeys have a field of vision of about 270 degrees and a good sense of taste.*
- *Turkeys have no sense of smell.*
- *Turkeys can drown if they look up when it's raining and approximately 200 do so every year.*
- *The average American consumes fifteen pounds of turkey a year and eight pounds of stuffing.*
- *The dark meat of a turkey, found in its thighs and legs, contains more fat and cholesterol than the white meat, which is found largely in the breast*
- *Squash gets its name from the Native American word "askutasquash," which means "raw" or "uncooked."*
- *Yams and sweet potatoes are not related botanically.*
- *Yams come from plants with one embryonic seed and are closely related to lilies and grasses.*
- *Sweet potatoes come from plants with two embryonic seeds and are part of the morning glory family.*
- *To test for ripeness, cranberries are bounced. The riper the cranberry, the more it can be dribbled like a basketball.*
- *Cranberries and pumpkins are about 90 percent water.*
- *The flowers from pumpkin plants are edible (and rather tasty.)*
- *Research has shown that people who give thanks every day exercise more, complain of fewer illnesses, and feel better about their lives overall.*

SPORTS

Men's Soccer Loses Heartbreaker

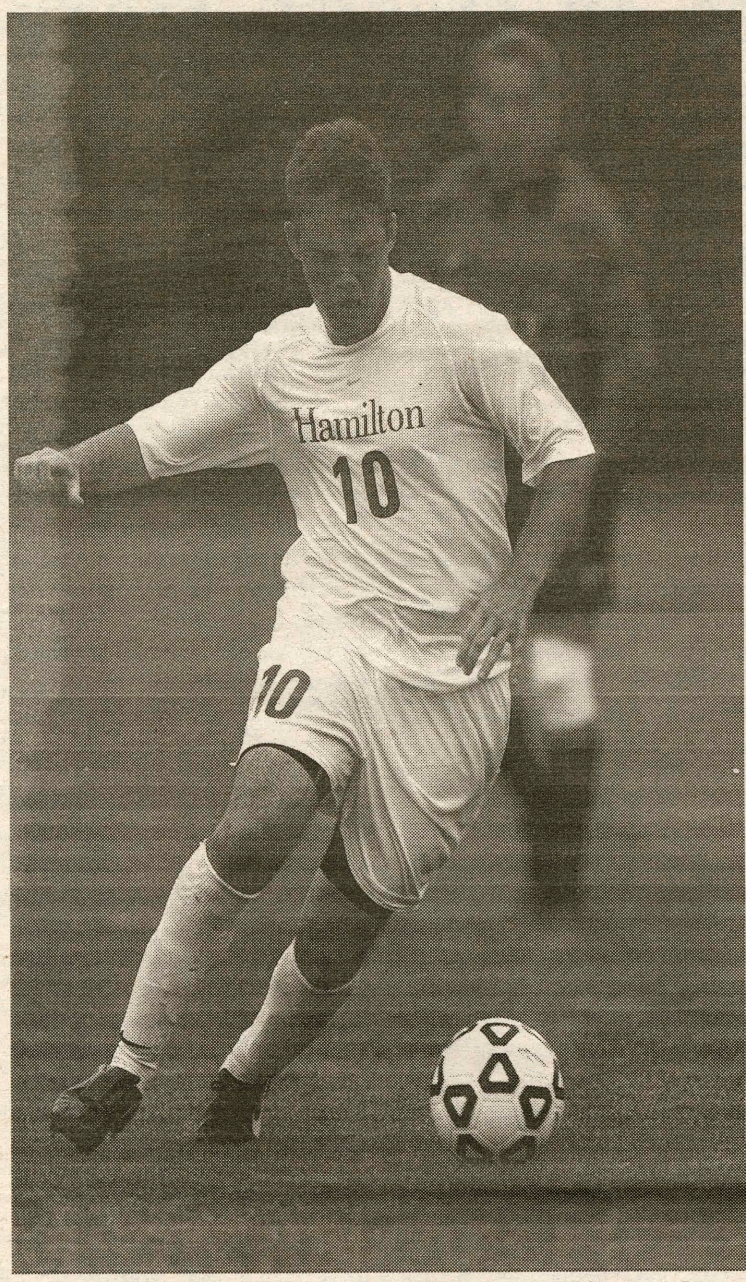


PHOTO COURTESY OF JOHN HUBBARD

Topher Breedlove '08 scored an insurance goal in round one.

by Brandon Leibsohn '10
Sports Editor

The soccer season came to an end for the men's team after they finished with a loss in the second round of the NCAA Tournament. The team had a great run this year that was capped off by the first round victory over New York University. Max Akuamoah-Boateng '09 continued to step up his game when he scored his second game winning goal of the season in the 2-0 victory.

Topher Breedlove '08 also connected on one of his three shots to seal the game for the Continentals. Goalie Anthony Carello '09 made save after save, preventing NYU from making a late charge to get back into the game in the second half.

It was an amazing defensive performance for the Hamilton squad because they were able to hold an offensive juggernaut to zero goals. NYU had scored 43 goals during the season demonstrating the strength of their team. In the victory the Continentals obtained their second NCAA Tournament victory in school history.

In the second round Hamilton took on number seven ranked New Jersey City University. New Jersey City put on a show that left the Continentals without a chance to regain their composure and work back into the game. Their defenders Scott Modelewski '08 and Shawn McCormick '10 scored two goals early in the game and the Continentals scored on their own goal, leaving them behind by a margin of 3-0.

New Jersey City scored another goal late in the second half, but Hamilton was able to score one goal in return. Michael Hannan '09 utilized a nice pass from Akuamoah-Boateng to put the Continentals on the board. The final game of the season ended in a 4-1 defeat.

Hamilton has great things to look forward to next season as many top players will be back. With a great defense and with the experience gained this season, the Continentals have a great shot at success. However, they will need to gain more offensive firepower to take some of the pressure off of the goaltender.

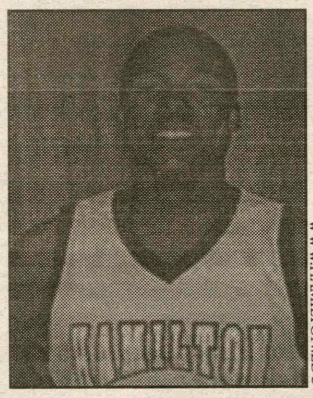
Jesse Arroyave '11 will be the key to the offense next season after leading the squad in goals scored this year. Only five seniors will be leaving as the team tries to make a deeper run in the NCAA Tournament. The team will also look to give Head Coach Perry Nizzi his milestone one-hundredth career victory.

Men's Basketball Season Tips Off

by Andrew Harris '11
Sports Writer

With the Fall season now over, football players have some time to rest and recuperate. Not so for the Men's Basketball Team, which is charged with the task of repeating its success from the last few years.

Last year, led by second team All-American Tsakani Ngobeni '07, the team finished at 19-7, and won the Liberty League regular season title. However, in a tough League Championship Hamilton lost to St. Lawrence University, 65-64. This close defeat closed the Continentals out of the NCAA tournament.



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Harlee Wood '09

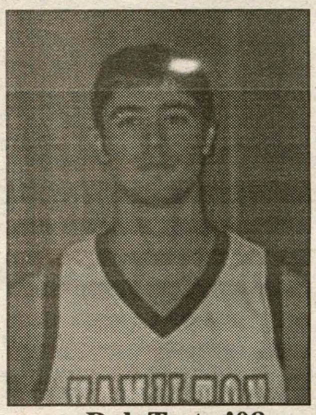
Emulating last year's success, however, will be especially difficult. With the graduation of Ngobeni, Nick Jones '07, and Zarette Rogers '07, Hamilton lost most of its senior leadership, and main scorers. Rob Toste '08, is the one remaining senior on the team.

Underscoring this inexperience, Hamilton's roster features seven freshmen, three sophomores, and three juniors. Of the upperclassmen, only two, Harlee Wood '09 and Ramunas Rozgys '09, have averaged more than five points a game in their collegiate careers. Wood and Rozgys will be counted on to lead the team this year, but they should have some help from the freshmen, who must adapt to the college game quickly in order for the Continentals to succeed.

The freshmen will be counted on to provide something invaluable in basketball: size. Of the seven freshmen, four are 6'6" or over, with only sophomore Tim Shaw approaching that height at 6'7". The only listed center on the roster is 6'7" Max Shillalies '11, while power forwards Michael Harris '11, Gabriel Rosen '11, and Jon Ciriello '11 will also be used in the frontcourt to give the team some legitimate size upfront.

The inexperience of the team should be a good test for Head Coach Tobin Anderson, who leads the Continentals in his third season. Two years ago, Tobin led the team to a 23-5 record, the Liberty League Championship, and a first round win in the NCAA tournament. Anderson came to Hamilton from Clarkson, where he led the team to the most wins in the history of the program over a five year period.

Hamilton opens their season tonight in the Hamilton Tip-Off Tournament. The first game of the tournament will feature Pitt-Bradford against Suny-Morrisville at 6 p.m. Hamilton will take on Medgar Evars at 8 p.m. in the Scott Field House following conclusion of the first game. So come out and



Rob Toste '08

support the basketball team as they open their season with the ultimate goal of the NCAA Tournament on their minds.

Interview with Peter Kosgei '10

by Kate Greenough'09
Sports Writer

Tomorrow, cross-country runners Meredith FitzPatrick '11 and Peter Kosgei '10 will travel to the St. Olaf College Cross Country Trails in Northfield, Minnesota to compete for the Division III National title. Peter has smashed school and NCAA records, despite being in just his second season. I was given the opportunity to speak with Peter about his passion for running, his undefeated season, and his preparation to defend his national crown.

KG: How does it feel to have another undefeated season?

PK: Until I am done with nationals, I can still be considered undefeated. Yes, I have won nine out of nine races and that's exciting--I am going to Minnesota hoping to bring home the tenth one.

KG: What have you done to improve as an athlete over the season?

PK: I work very hard to balance schoolwork and cross country, I also try to get enough sleep because that's really important. I also try my best to avoid injuries.

KG: How have you improved as a competitor over the past two years?

PK: Over the past two years, I have learned to appreciate victory and accept defeat. I have also learned how to compete with a large group of people. In the boilermaker, there were over 11,000 runners that I had to compete against.

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KG: Who will be your biggest competitor at Nationals?

PK: My biggest rivals are from UW-Platteville and St. John's University, but I haven't raced them yet in the cross-country season. I believe that everybody has an equal chance at winning the national title and at the end of the day, the best man will definitely win.

KG: Is there an athlete or a person who inspires you? Who, and why?

PK: Alfred Yego [a Kenyan middle-distance runner]. In 2005, I saw this guy doing his work out, I think he was running 400s, and he just recently won the 800-meter title in the world championship this past September.

KG: How has your team helped to support you in your victory and success?

PK: I get a lot of physical and emotional support from my teammates and I like that. They are the best people I have ever met.

KG: How has Coach Hull prepared you to end your season completely undefeated?

PK: Coach Hull's workouts are perfect and I feel that I get stronger everyday. I like it when I do his four to six mile repeat drills at a 4:43 minute mile pace. Whenever I have a problem or an issue, he is the first person to know and I like the way he handles everything. In short, he is my first and best coach.

KG: Is there anything else you want to let the world know?

PK: Doubts are our big traitors and make us lose what we would have gained by fearing to attempt.

Hockey Team Begins Season With Annual Citrus Bowl

*from **Hockey**, page 1*

The seniors this year include Andrew Decristoforo, Joe Buteau, Peros, Nate Miller and Mesi. This group includes many terrific and hard-working hockey players, but their real strength lies in their willingness to contribute in any way possible to ensure this year's young team will be victorious.

The Continentals lost two of three goalies at the end of last season. While for some teams may pose a problem, the Continentals prepared themselves for this possibility when they recruited two new talented goalies, Mark Donovan '11 and Scott Hefferman '11 to fill the void. Ian Stearns '10 is the only veteran goalie the Continentals have returning, and much of the team's possible success this season rests on his shoulders.

Head Coach Phil Grady commented, "I am very excited about our goaltending situation. We have three excellent goalies who are character guys and some of the hardest working on the team. They are all at a level where I would feel very comfortable with any of the three in the net."

The defensive core consists of Peros, Roulston, Kevin Osbourne '09, and Rob Gannon '10. It has been strengthened by the addition of freshmen Ryan Geurin, Dan Roberts and Kurt Fairless, who all have the ability of being impact players this year.

Peros said, "We have a core group of defensemen who know what it takes to win in this league. If we can stay healthy down the stretch, I'm confident that the wins will come and we'll make a run for a NESCAC title."

The defense is an essential component of the team because as Coach Grady likes to say, "Defense wins championships."

The forwards this season include seniors Mesi, Decristoforo, Buteau, and Miller. The juniors up front will be Jake Davis and Travis Blood. Both Jake and Travis have had and are going to have a big impact with their physical presence and their knack for playing the game.

Harry Biggs '10, Marc Trostle '10, Brian O'Malley '10, Jerome Wallace '10, Vaclav Tomicek '10, Paul Englehardt '10, and Chris Lorenc '10 gained valuable experience that will increase the impact they have on this year's success. The final players on offense are Tom Chiapetta '11 and Joe Buicko '11. This year it is evident that the freshmen have a desire to contribute in a big way and the skill to back it up.

It is apparent that both the players and coaches have high hopes for this year, especially for the freshman class. Assistant Coach Dominick Dawes commented, "We expect more out of all our athletes, last year we had a young team and all of those guys gained valuable experience. As for the freshmen, we expect them to contribute right out of the gate, both on and off the ice."

On November 24 the team goes on the road to play in the Babson Invitational Tournament in Babson, Massachusetts. Their first game is against Curry College. This tournament will provide the team with invaluable experience that will aid them in conference play later in the season.

It is the invaluable experience gained from last season's failures and triumphs that has provided this years men's team with the skill and the motivation to win. Both the players and the coaches are very excited for the Rage in the Sage this weekend, which includes tonight's Citrus Bowl against Wesleyan and Saturday's game against Trinity College.

After this Saturday, the Continentals stay on the road until December 4, when they return to host Utica College.

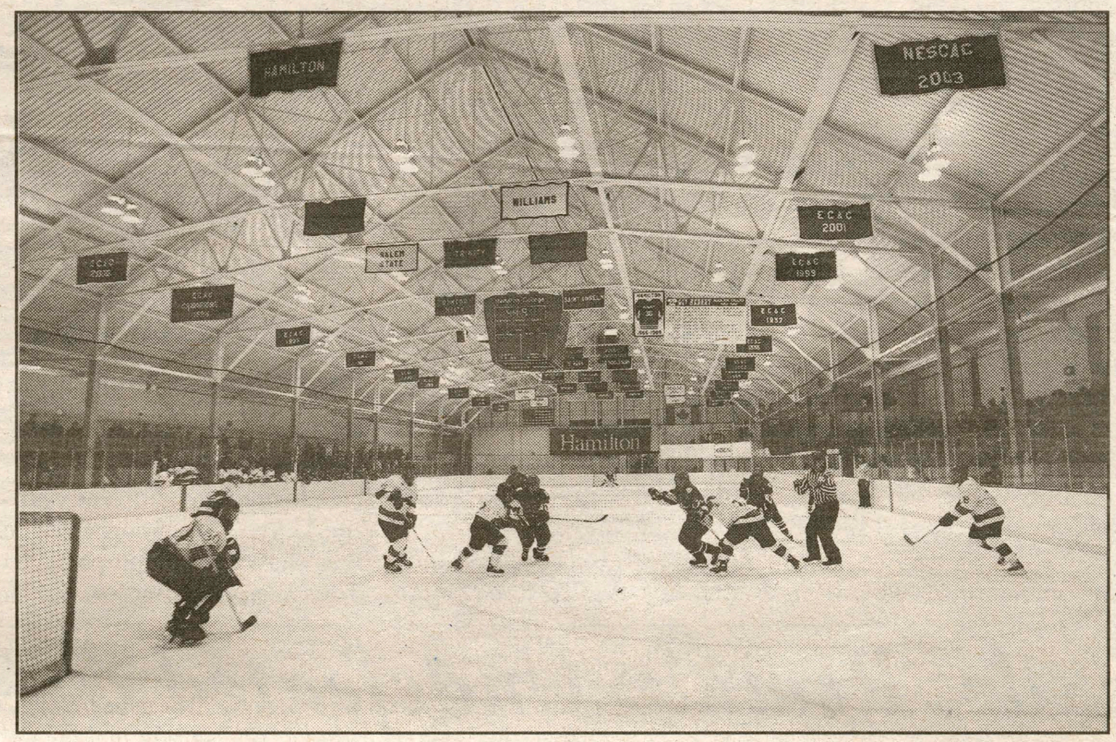

PHOTO BY JOHN HUBBARD

The Continentals are ready to utilize their potential and youth to help achieve success.

HAVOC Event is Successful

by Brandon Leibsohn '10
Sports Editor

HAVOC hosted its first annual student versus staff basketball game on November 10. It was a successful fundraising event that brought students, parents, and faculty together to support Utica's Public Schools. A raffle took place with the winner taking home fifty percent of the money that was put into the raffle. In total, the event raised over one hundred dollars that will go towards helping put together sporting activities for students to take part in after school.

The basketball game didn't go as planned for the student team. They quickly fell behind and were never able to recover. Nathan Eaton, an assistant coach of the football team, led the faculty team in scoring and assists in the victory. At halftime the students were behind by the score of 45-31.

In the second half, the students put together a nice run led by Felix Ramirez '08 and Merv Merzoug '09. The students got to within eight points of the lead when they fell apart. They started turning the ball over and couldn't get into their defensive positions in time. At the end of the game, the faculty team was ahead 61-45.

HAVOC did a great job of putting this event together. It provided an entertaining game, delectable treats, and fun for all who attended. Utica Public Schools will now be able to put together more sports programs that allow children to participate in after school activities. Look out for more HAVOC events to come in the future.

PHOTO COURTESY OF EMILY PALLIN '08

The faculty defeated the students 61-45 in the first annual game hosted by HAVOC.

Can't Get Enough of the Continentals?

To watch the Women's Soccer Team take on Williams tomorrow at 11 a.m., visit D3cast.com!

Log on to http://livestats.prestosports.com/kean to follow live statistics from the Cougar Classic Tip-Off Tournament at Kean University. The Lady Continentals will face McDaniel in the first round at 3 p.m. tomorrow.

For those who can't make it to Sage Rink, Hamilton's own radio station, WHCL FM-88.7 will be broadcasting tonight's 7 p.m. Men's Hockey opener against Wesleyan University.

The consolation or championship game of the Men's Basketball Tip-Off Tournament will also be broadcast tomorrow afternoon at 2 or 4 p.m., respectively.

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SPECTATOR SPORTS

November 16, 2007

Women's Soccer Team Faces Williams in Sweet Sixteen

by Brandon Leibsohn '10
Sports Editor

The Women's Soccer Team capitalized on their home-field advantage and moved on to the Sweet 16 in the NCAA Tournament. In their first round game against Moravian College, the Continentals outshot their opponents by one and had three more corner kicks. Caitlin McGilley '08 collected another shutout as the team won by a score of 2-0.

Lauren Farver '11 was in the right place at the right time when she kicked in a rebound off of the goalkeeper. Anne Graveley '11 got the assist on the play. Nicole Tetreault '08 and Katie Lyons '11 used good teamwork to score the insurance goal late in the second half when Moravian's defender misplayed the ball leading to an easy shot on goal for Tetreault.

In the second round, Hamilton brought the offensive attack to earn a hard fought 4-3 shootout victory against Tufts University. Erica Dressler '09 scored her thirteenth goal of the year on a ball sent by Tetreault to give the team an early one goal advantage. The team faced a more determined Tufts in the second half and McGilley had to be in top form to prevent the loss. After the score became 1-1, Graveley took a pass from Kim Bauer '08 and converted on her scoring opportunity. Yet, Tufts came right back and tied the score at 2-2.

After that goal, both teams did not allow another goal in regulation or in the ensuing two overtime periods. McGilley stopped three shots in overtime to keep the game going. Tufts won the coin toss in the shootout and decided that they wanted to shoot first. This may not have been the best strategy because they were not able to put enough pressure on the Continentals. Farver, MacKenzie Pelletier '10, Laura Stirrat '10, and Caroline Miller '09 each connected on their shots and McGilley blocked Tufts' final shot giving Hamilton its second Sweet 16 spot in the last four years.

Nicole Tetreault '08 showed true heart, despite getting roughed up in the first half.

The Continentals have a chance to secure the best season in school history with a victory against Williams College. Williams will host the game on Saturday at 11 a.m. with the winner going on to face either Western Connecticut State University or Worcester State College in the elite eight.

Exiles Remain Undefeated & Advance to Nationals

by Erin Hoener '10
Managing Editor

Although William Patterson's bus took a detour on its way to Hamilton, the Exiles did not allow the extra day of rest to detour them from their drive to the National Tournament. It seems that the bus driver that William Patterson hired for the drive up mistook Clinton Country, NY – north of the Adirondacks – as the day's destination and by the time the error was realized the team would not have made it to Hamilton before dark. William Patterson was unable to find lodging in the area, so they headed all the way back to New Jersey to turn around and drive up the next morning in their cars for the 11:00 a.m. Sunday morning kick-off.

While the Exiles did not have to endure the extra time on the road, the delay of game was still very frustrating. Steve Rowe '09 pointed out, "It was extremely disappointing for some families whose only chance to watch their son play was Saturday." But, the team was able to see the bright side of not having to play on Saturday. Rowe added, "At the same time, it was nice to then be able to go and watch the Women's soccer game and the football game. Having games every Saturday and practice during the week, we rarely have the opportunity to watch our friends on other teams play, and this was a nice change."

When game time finally arrived the Exiles were ready to take on William Patterson in front of a roaring crowd of families and friends. The senior Exiles stepped up in this important game, managing to score all of the trys on Hamilton's path to victory.

Andrew Gumbiner '08 scored the first try of the game off of an offload by George Von Metzsch '08 while he was being tackled. Justin Sherman '08 then steamrolled through the William Patterson for the next try in the first half. Richard Bryan '08 had an incredible game; there was no stopping him as he fought through the Pioneers of William Patterson for the next three Exile trys. Brendan Campbell '09 converted the kick after Bryan's second try for an extra two points and also put through a penalty kick for another three points.

Unfortunately, the Exiles were unable to keep their opponent out of the try-zone for the first time this season. The Pioneers scored a hard fought try in the second half and converted the kick, bringing the final score of the game to 30-7. "It was frustrating that they scored on us," commented Rowe, "but no one can be disappointed because it was through no letdown on our part that they scored. They were a big team with strong, aggressive players. There's a lot of respect on our team for William Patterson's play. The general feeling is that we played a worthy opponent and that they earned that try through their hard work."

PHOTOS BY DYLAN PALMER '09

"Every single person on the team should be immensely proud of what the Exiles did this season. Through everyone's hard work, dedication, and tough play we have taken this team the furthest it has ever been."
- Steve Rowe '09

Dedication and hard work have defined this season for the Exiles. It is easy to see that the Exiles have come a far way in the last 30 years and it is only fitting that exactly three decades since the sport was started at Hamilton in 1977, the Exiles have completed their most successful season. Much of the credit for the team's continued success must go to the leadership of the upperclassmen who have set the tone for a successful program. The seniors will have to take on the brunt of this burden in the fall, as at least seven juniors will be headed abroad. While the Exiles do not need much prodding for enthusiasm, special credit must be given to the captains, Steve Rowe (left) and "Jon-Jon" Milgrom '08 (above) for leading the Exiles into battle.

If you see an Exile in his customary yellow and blue jacket be sure to congratulate him on a fantastic season and wish him luck on the quest for the National Title. The Exiles will be traveling south the last weekend in April 2008 for the National Final Four Tournament. Road trip, anyone?